

# **Fatty Liver Mediterranean Diet Cookbook**

80 Mediterranean Recipes with Shopping Lists, Cooking  
Tips, and a Simple 30-Day Meal Plan for Gentle,  
Balanced Eating

**By**

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## Contents

|                                                               |           |
|---------------------------------------------------------------|-----------|
| <b>Introduction.....</b>                                      | <b>6</b>  |
| <b>Informational Chapter .....</b>                            | <b>8</b>  |
| <b>Fatty Liver Mediterranean Diet Breakfast Recipes .....</b> | <b>11</b> |
| Pear And Cinnamon Porridge .....                              | 12        |
| Chocolate Crunch Granola.....                                 | 13        |
| Apple And Berry Overnight Oats .....                          | 14        |
| Blueberry Oat Pancakes .....                                  | 15        |
| Banana And Pecan Muffins .....                                | 16        |
| Scrambled Eggs With Mushrooms And Spinach .....               | 17        |
| Avocado & Tomato Toast.....                                   | 18        |
| Egg Casserole .....                                           | 19        |
| Coffee Cake .....                                             | 20        |
| Hash With Sautéed Vegetables.....                             | 21        |
| Instant Porridge Cups.....                                    | 22        |
| Breakfast Plums .....                                         | 23        |
| Baked Salmon & Broccoli Omelet .....                          | 24        |
| Baked Beans .....                                             | 25        |
| Citrus Yogurt Parfait.....                                    | 26        |
| Plantain Chips .....                                          | 27        |
| Egg Frittata .....                                            | 28        |
| Peanut Butter Oatmeal Balls.....                              | 29        |
| Breakfast Quiche.....                                         | 30        |
| Egg Benedict Sandwich .....                                   | 31        |
| <b>Fatty Liver Mediterranean Diet Lunch Recipes .....</b>     | <b>32</b> |
| Roast Chicken Thighs With Lemon.....                          | 33        |
| Chicken Goujons With Parmesan Crumb .....                     | 34        |
| One-Pot Roast Chicken.....                                    | 35        |
| Simple Chicken Casserole .....                                | 36        |
| Easy Chicken Tagine .....                                     | 37        |
| Chinese-Style Drumsticks.....                                 | 38        |

|                                                                      |           |
|----------------------------------------------------------------------|-----------|
| Chicken Tikka Masala .....                                           | 39        |
| Chicken, Pepper, And Chorizo Bake .....                              | 40        |
| Satay Chicken .....                                                  | 41        |
| Turkey Fajitas .....                                                 | 42        |
| Falafel Tortilla Wrap .....                                          | 43        |
| Mediterranean Lettuce Wraps.....                                     | 44        |
| Zucchini Pasta With Lemon Garlic Shrimp.....                         | 45        |
| Dijon Baked Salmon.....                                              | 46        |
| Mediterranean Quinoa Bowl.....                                       | 47        |
| Quinoa Stuffed Eggplant .....                                        | 48        |
| Red Beans Rice.....                                                  | 49        |
| Bean Stuffed Bell Peppers .....                                      | 50        |
| Salmon Meatballs .....                                               | 51        |
| Spice Grilled Salmon .....                                           | 52        |
| <b>Fatty Liver Mediterranean Diet Soups And Salads Recipes .....</b> | <b>53</b> |
| Chickpea Potato Soup.....                                            | 54        |
| Pumpkin Soup.....                                                    | 55        |
| Lemon Lentil Soup .....                                              | 56        |
| Butternut Squash Soup.....                                           | 57        |
| Creamy Asparagus Soup.....                                           | 58        |
| Green Avocado Salad .....                                            | 59        |
| Massaged Kale Salad .....                                            | 60        |
| Stuffed Avocado Salad .....                                          | 61        |
| Quinoa And Corn Salad.....                                           | 62        |
| Roasted Squash Salad .....                                           | 63        |
| <b>Fatty Liver Mediterranean Diet Dinner Recipes .....</b>           | <b>64</b> |
| Roasted Tomato Penne Pasta.....                                      | 65        |
| Sautéed Garlic Shrimps .....                                         | 66        |
| Herb Roasted Chicken Breast.....                                     | 67        |
| Pan-Fried Fish With Lemon And Parsley.....                           | 68        |
| Crunchy Fish Bites.....                                              | 69        |
| Mediterranean Fish Bake .....                                        | 70        |

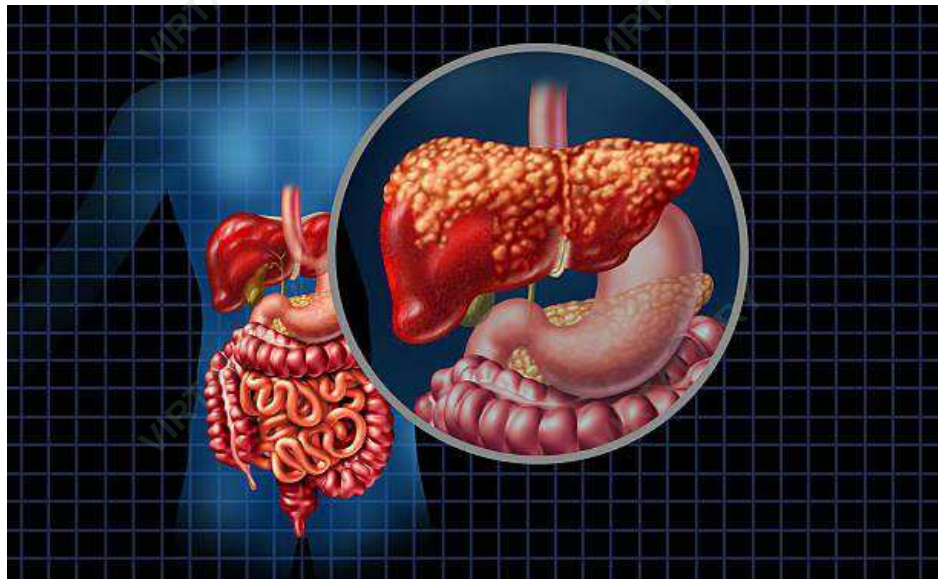
|                                                             |            |
|-------------------------------------------------------------|------------|
| Thai Curry With Prawns .....                                | 71         |
| Baked Salmon With Pea And Broccoli Mash.....                | 72         |
| Chicken Shashlik Sticks.....                                | 73         |
| Sesame Chicken .....                                        | 74         |
| Fish Tikka Skewers.....                                     | 75         |
| Mediterranean Chicken Thighs With Broccoli .....            | 76         |
| Lemon Steamed Fish .....                                    | 77         |
| Szechwan Shrimps .....                                      | 78         |
| Fish Patty .....                                            | 79         |
| Chicken Drumstick Rice.....                                 | 80         |
| Jackfruit Bbq Sandwich .....                                | 81         |
| Mushrooms Risotto.....                                      | 82         |
| Mediterranean Burrito.....                                  | 83         |
| Mediterranean Fried Catfish .....                           | 84         |
| <b>Fatty Liver Mediterranean Diet Desserts Recipes.....</b> | <b>85</b>  |
| Berry Parfaits .....                                        | 86         |
| Mediterranean Zucchini Bread .....                          | 87         |
| Mediterranean Pumpkin Muffin .....                          | 88         |
| Raspberry Chia Pudding .....                                | 89         |
| Mediterranean Carrot Cake.....                              | 90         |
| Mediterranean Apple Crisp.....                              | 91         |
| Raspberry Muffins .....                                     | 92         |
| Baked Walnut Apple Balls .....                              | 93         |
| Kiwi Chia Pudding.....                                      | 94         |
| Oatmeal Walnut Cookies .....                                | 95         |
| <b>Shopping List .....</b>                                  | <b>96</b>  |
| <b>Cooking Tips .....</b>                                   | <b>98</b>  |
| <b>30-Days Meal Plan For Mediterranean Diet .....</b>       | <b>99</b>  |
| <b>Closing Section .....</b>                                | <b>104</b> |

## Introduction

Fatty liver is the accumulation of fat in the **liver**. The liver is the main organ of the human body for processing food and other waste materials.

A healthy liver contains a very small amount of fat or no fat. If you eat too much, your body converts some of those calories into fat. This fat obtained from food is stored in the body's liver cells.

Fatty liver (hepatic steatosis) is a condition where excess fat builds up in liver cells of the body, often without any symptoms, but sometimes it can cause inflammation, **cirrhosis**, liver failure, or liver cancer.



**There are 2 main types of fatty liver disease:**

1. Metabolically associated fatty liver disease (MAFLD)
2. Alcohol-related fatty liver disease

Metabolically associated fatty liver disease is the most common type of fatty liver disease.

Alcohol-related fatty liver disease is caused by drinking too much alcohol.

The Mediterranean diet is recommended for fatty liver because it mainly emphasizes natural foods, healthy fats (olive oil, fish, nuts), fiber, and antioxidants. This diet reduces liver fat, inflammation, and insulin resistance, improving liver health, aiding weight loss, and preventing various diseases.

The following are the benefits of the Mediterranean diet for fatty liver disease.

1. This diet helps reduce inflammation and oxidative stress.

2. This diet also helps improve the body's fat metabolism.
3. Following the Mediterranean diet for fatty liver also helps in weight management.
4. It also helps to lower harmful fructose.
5. It enhances insulin sensitivity.

The Mediterranean diet emphasizes balanced eating, with a main focus on whole, unprocessed foods. It helps to develop healthy lifestyle habits, leading to improved overall health, disease prevention, and enhanced well-being. The Mediterranean diet is a way of eating that **can improve overall health** because it emphasizes whole, plant-based foods and healthy fats.

This cookbook is for people with fatty liver disease because it mainly focuses on whole foods and healthy fats that help lower liver fat.

## Informational Chapter

### Mediterranean Diet Basics

The Mediterranean Diet is a dietary pattern that emphasizes lean protein, plant-based foods, and healthy fats. The following are the core principles:

- **Plant-Rich:** Abundant in vegetables, fruits, beans, lentils, and nuts.
- **Whole Grains:** Includes unrefined grains like whole-wheat bread and brown rice.
- **Healthy Fats:** Features extra virgin olive oil (EVOO) as the primary fat source.
- **Omega-3 Sources:** Focuses on fish, especially varieties rich in omega-3 fatty acids.
- **Dairy:** Includes moderate amounts of natural cheese and yogurt.
- **Lean Proteins:** Little or no red meat; emphasizes poultry, fish, and legumes instead.
- **Low Sugar:** Minimal consumption of sweets or sugary drinks.



### Foods to Focus On (Liver-Friendly Ingredients)

The Mediterranean diet is strongly recommended for liver health because it emphasizes anti-inflammatory and antioxidant-rich whole foods that help reduce liver fat accumulation.

- **Extra Virgin Olive Oil:** Provides monounsaturated fats and polyphenols with potent antioxidant effects.
- **Fatty Fish:** An excellent source of omega-3 fatty acids to help decrease liver fat.
- **Vegetables:** At least 5 servings daily, focusing on variety to ensure nutrient density.
- **Fruits:** Essential sources of fiber, vitamins, and antioxidants.



- **Whole Grains:** Provides fiber to help manage blood sugar levels.
- **Legumes:** A rich source of plant-based protein and fiber.
  - **Nuts and Seeds:** High in healthy polyunsaturated fats, vitamin E, and fiber.



### Foods to Limit

To improve fatty liver conditions, the following should be restricted:

- **Meats & Fats:** Limit red meat, processed meats, high-fat dairy, and saturated fats (butter, cream, and tropical oils).
- **Refined Carbs:** Avoid added sugars (sugary drinks, candy, baked goods) and refined carbohydrates (white bread, white rice).
- **Alcohol:** It is highly recommended to avoid alcohol for optimal liver recovery.



### Simple Cooking Rules

Focus on plant-based ingredients, use extra-virgin olive oil as your main fat, and flavor meals with herbs and spices rather than excessive salt. Choose fish or poultry as your primary protein, and use simple techniques such as roasting, steaming, or grilling.

### **Gentle Eating Habits**

The Mediterranean Diet is more than just a meal plan; it is a lifestyle that decreases the risk of cardiovascular disease and chronic conditions. It focuses on balance: prioritizing plants, enjoying fish and dairy in moderation, and staying hydrated with plenty of water.

### **Quick Tips for Better Digestion and Liver Support**

- **Fiber is Key:** A fiber-rich diet promotes regular bowel movements and feeds beneficial gut bacteria, which may help reduce liver fat.
- **Prebiotics:** Incorporate foods like bananas, garlic, and beans to fuel healthy gut flora.
- **Stimulate Bile:** Healthy fats support digestion by stimulating bile production.
- **Consistency:** Small, consistent lifestyle changes—like regular exercise and stress management—are often more effective than supplements for long-term health.

# **Fatty Liver**

## **Mediterranean Diet**

### **Breakfast Recipes**

## Fatty Liver Mediterranean Breakfast Recipes

### PEAR AND CINNAMON PORRIDGE



**TIME TO  
PREPARE**

5 mins



**COOK  
TIME**

10 mins



**SERVING**

2 People

**Nutritional  
facts**

285 Cal.

#### Ingredients

- 1 cup steel-cut or rolled oats (whole grain)
- 1 large ripe pear, cored and chopped
- ½ tsp ground cinnamon
- 1 cup unsweetened almond milk (or low-fat milk)
- 1 cup water
- 2 tbsp toasted flaked almonds

#### Steps to Cook

1. In a medium saucepan, combine the oats, chopped pear, and ground cinnamon.
2. Pour in the milk and water. Bring to a gentle boil over medium heat.
3. Reduce heat to low and simmer, stirring regularly, for 8–10 minutes (or according to oats package instructions) until creamy.
4. If the porridge is too thick, add a splash of extra water or milk.
5. Divide into two deep bowls and top with toasted flaked almonds. Serve warm.

## Fatty Liver Mediterranean Breakfast Recipes

### CHOCOLATE CRUNCH GRANOLA



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

25 mins



**SERVING**

6 People  
(Batch  
preparation  
)

**Nutritional  
facts**

265 Cal.

#### Ingredients

- 2 cups rolled oats
- ¾ cup chopped mixed nuts
- 3 tbsp extra virgin olive oil
- 2 tbsp pure maple syrup
- 2 tbsp unsweetened cocoa powder
- 1 tsp vanilla extract
- A pinch of sea salt

#### Steps to Cook

1. Preheat oven to 340°F (170°C). Line a baking sheet with parchment paper.
2. In a bowl, whisk oil, syrup, vanilla, and cocoa until smooth. Stir in oats and nuts until well coated.
3. Spread evenly on the sheet. Bake for 15 mins, stir, then bake for another 10 mins until toasted.
4. Let cool completely on the tray to crisp up. Store in an airtight container for up to 2 weeks.
5. Serve a ½ cup portion with Greek yogurt or almond milk. Enjoy!



## Fatty Liver Mediterranean Breakfast Recipes

### APPLE AND BERRY OVERNIGHT OATS



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

0 mins



**SERVING**

2 People

**Nutritional  
facts**

345 Cal.

#### Ingredients

- 1 cup rolled oats (whole grain)
- 1 small apple, grated
- ¼ cup toasted hazelnuts, chopped
- ½ cup low-fat Greek yogurt
- 1 cup unsweetened almond milk
- 1 tbsp mixed seeds (chia or flax)
- ½ cup fresh mixed berries

#### Steps to Cook

1. In a glass jar or bowl, stir together the oats, grated apple, hazelnuts, yogurt, and milk until well combined.
2. Cover and refrigerate overnight. Before serving, top with mixed seeds and fresh berries. Enjoy cold!

## Fatty Liver Mediterranean Breakfast Recipes

### BLUEBERRY OAT PANCAKES



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

10 mins



**SERVING**

2 People

**Nutritional  
facts**

275 Cal.

#### Ingredients

- $\frac{3}{4}$  cup whole-grain flour
- 2 tbsp rolled oats
- 1 large egg
- $\frac{1}{2}$  cup unsweetened almond milk
- $\frac{1}{2}$  cup fresh blueberries
- 1 tbsp extra virgin olive oil
- 1 tbsp maple syrup (for serving)

#### Steps to Cook

1. In a bowl, whisk flour, oats, egg, and half the milk into a thick batter. Add remaining milk and whisk until smooth. Gently fold in the blueberries.
2. Heat a non-stick skillet over medium heat with a light coating of olive oil.
3. Pour small amounts of batter into the pan. Cook for 2 minutes until bubbles form, flip, and cook for 1 minute more until golden.
4. Serve warm with a drizzle of maple syrup. Enjoy!

## Fatty Liver Mediterranean Breakfast Recipes

### BANANA AND PECAN MUFFINS



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

15 mins



**SERVING**

2 People

**Nutritional  
facts**

325 Cal.

#### Ingredients

- 1 ripe banana, mashed
- 1 large egg, beaten
- 3 tbsp almond flour
- 3 tbsp whole-grain flour
- 1 tbsp extra virgin olive oil
- ½ tsp baking powder
- ¼ tsp ground cinnamon
- 8 pecan halves, chopped

#### Steps to Cook

1. Preheat oven to 350°F (180°C). Lightly grease a muffin tin with a drop of olive oil.
2. In a bowl, whisk the mashed banana, egg, and oil. Stir in both flours, baking powder, cinnamon, and pecans until well combined.
3. Pour the batter into the muffin tin. Bake for 15 minutes or until a toothpick comes out clean.
4. Let cool slightly before serving. Enjoy!



## Fatty Liver Mediterranean Breakfast Recipes

### SCRAMBLED EGGS WITH MUSHROOMS AND SPINACH

  
**TIME TO  
PREPARE**  
5 mins

  
**COOK  
TIME**  
10 mins



  
**SERVING**  
2 People

**Nutritional  
facts**  
245 Cal.

#### Ingredients

- 4 large eggs (2 per person)
- 1 tsp extra virgin olive oil
- 1 cup sliced baby chestnut mushrooms
- 2 cups fresh baby spinach
- Salt and freshly ground black pepper, to taste

#### Steps to Cook

1. In a bowl, whisk the eggs with salt and pepper until well combined.
2. Heat olive oil in a non-stick skillet over medium heat. Add mushrooms and sauté for 3 minutes until softened.
3. Add spinach and cook for 1 minute until just wilted.
4. Pour in the eggs. Gently stir with a spatula for 2–3 minutes until the eggs are softly set and scrambled.
5. Serve immediately. Enjoy!

## Fatty Liver Mediterranean Breakfast Recipes

### AVOCADO & TOMATO TOAST



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

2 mins



**SERVING**

2 People

**Nutritional  
facts**

285 Cal.

#### Ingredients

- 2 slices whole-grain bread
- 1 ripe avocado, pitted and mashed
- ¼ cup cherry tomatoes, halved
- 1 tsp dried chili flakes
- A squeeze of fresh lemon juice (optional)
- Salt and freshly ground black pepper, to taste

#### Steps to Cook

1. In a small bowl, combine the mashed avocado with salt, pepper, and lemon juice. Mix well.
2. Lightly toast the bread slices in a toaster or a dry pan over medium heat until golden.
3. Evenly spread the avocado mixture over each slice of toast.
4. Top with halved cherry tomatoes and a sprinkle of chili flakes. Serve immediately.

## Fatty Liver Mediterranean Breakfast Recipes

### EGG CASSEROLE



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

25 mins



**SERVING**

2 People

**Nutritional  
facts**

265 Cal.

#### Ingredients

- 4 large eggs, whisked
- 2 slices whole-grain bread, cubed
- ¼ cup low-fat shredded cheese
- 2 slices turkey bacon or smoked tofu, diced (liver-friendly option)
- ½ red bell pepper, diced
- 2 green onions, chopped
- 3 tbsp unsweetened almond milk
- ½ tsp minced garlic
- Salt and ground black pepper, to taste

#### Steps to Cook

1. Preheat your oven to 375°F (190°C). Lightly grease a small baking dish with olive oil.
2. In a large bowl, whisk together the eggs, milk, and garlic. Stir in the bread cubes, bell pepper, green onions, and diced turkey bacon.
3. Pour the mixture into the prepared baking dish and sprinkle the low-fat cheese on top.
4. Bake for 20–25 minutes until the eggs are set, and the top is slightly golden.
5. Serve hot. Enjoy!



## Fatty Liver Mediterranean Breakfast Recipes

### COFFEE CAKE



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

30 mins



**SERVING**

6 People

**Nutritional  
facts**

265 Cal.

#### Ingredients

- 3 cups almond flour
- 2 large eggs, beaten
- ½ cup extra virgin olive oil
- ½ cup unsweetened almond milk
- ¼ cup maple syrup (instead of white sugar)
- 3 tsp baking powder
- 1 tsp vanilla extract
- **Streusel:** ½ cup chopped pecans, 1 tbsp cinnamon, 2 tbsp maple syrup.

#### Steps to Cook

1. Preheat oven to 350°F (180°C). Grease a baking pan with a little olive oil.
2. In a bowl, whisk eggs, oil, milk, vanilla, and syrup. In another bowl, mix flour and baking powder. Combine both until smooth.
3. In a small dish, mix pecans, cinnamon, and 2 tbsp syrup for the streusel.
4. Pour half the batter into the pan, sprinkle half the streusel, then add the rest of the batter and remaining streusel.
5. Bake for 30 minutes until a toothpick comes out clean. Let cool before slicing. Enjoy!

## Fatty Liver Mediterranean Breakfast Recipes

### HASH WITH SAUTÉED VEGETABLES



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

20 mins



**SERVING**

4 People

**Nutritional  
facts**

280 Cal.

#### Ingredients

- 4 medium potatoes, cubed
- 1 tbsp extra virgin olive oil
- 1 medium onion, diced
- 1 red bell pepper, diced
- 4 large eggs
- 1 tsp garlic powder
- 1 tsp sea salt
- ½ tsp cayenne pepper (optional)

#### Steps to Cook

1. Boil cubed potatoes for 5 minutes; drain and set aside.
2. Heat olive oil in a large skillet. Sauté onions for 3 minutes, then add potatoes and peppers.
3. Season with garlic powder, salt, and cayenne. Cook for 8–10 minutes until golden and tender.
4. To cook the eggs: Add 2 tbsp of water to a non-stick pan over medium heat. Crack the eggs in, cover with a lid, and steam for 2–3 minutes until the whites are set (this mimics a fried egg without extra oil).
5. Place one egg on top of each serving of vegetable hash. Enjoy!

## Fatty Liver Mediterranean Breakfast Recipes

### INSTANT PORRIDGE CUPS

  
**TIME TO  
PREPARE**  
5 mins

  
**COOK  
TIME**  
5 mins



  
**SERVING**  
2 People

**Nutritional  
facts**  
265 Cal.

#### Ingredients

- 1 cup rolled oats (quick-cooking)
- 2 cups boiling water
- 2 tbsp ground flaxseeds or hemp seeds
- ¼ cup walnuts or pecans, chopped
- ½ tsp ground cinnamon
- Fresh berries for topping (optional)

#### Steps to Cook

1. Divide the oats, seeds, and cinnamon equally between two large mugs or heat-proof jars.
2. Pour 1 cup of boiling water into each cup and stir well.
3. Cover with a lid or small plate and let it rest for 5 minutes until the oats are soft and have absorbed the water.
4. Stir again and check the consistency; add a splash more hot water if needed.
5. Top with chopped nuts and fresh berries. Serve warm and enjoy!



## Fatty Liver Mediterranean Breakfast Recipes

### BREAKFAST PLUMS



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

10 mins



**SERVING**

2 People

**Nutritional  
facts**

255 Cal.

#### Ingredients

- 4 fresh plums, halved and pitted
- 2 slices whole-grain bread, toasted
- ½ cup low-fat Greek yogurt
- 1 large orange (juiced and zested)
- 2 tbsp toasted almond flakes
- ¼ tsp ground cinnamon

#### Steps to Cook

1. Place the plum halves in a saucepan. Add the orange juice, zest, and cinnamon.
2. Bring to a gentle simmer over medium-low heat. Cover and cook for about 8–10 minutes until the plums are tender but still hold their shape.
3. Toast the whole-grain bread until golden.
4. Spread a generous dollop of Greek yogurt over each toast. Top with the warm poached plums.
5. Drizzle with a little remaining juice from the pan and sprinkle with toasted almonds. Enjoy!

## Fatty Liver Mediterranean Breakfast Recipes

### BAKED SALMON & BROCCOLI OMELET

  
**TIME TO  
PREPARE**  
10 mins

  
**COOK  
TIME**  
15 mins



  
**SERVING**  
2 People

**Nutritional  
facts**  
245 Cal.

#### Ingredients

- 4 large eggs, beaten
- 3 oz smoked salmon, cubed
- 1 cup broccoli florets, steamed
- 1 cup fresh baby spinach
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh chives, snipped
- Salt and black pepper, to taste

#### Steps to Cook

1. Preheat your oven to 375°F (190°C). Lightly grease a small oven-proof dish with olive oil.
2. In a bowl, whisk the eggs with salt, pepper, and chives.
3. Place the steamed broccoli, spinach, and salmon cubes evenly into the baking dish.
4. Pour the egg mixture over the ingredients.
5. Bake for 12–15 minutes until the eggs are set and slightly golden on top. Serve warm directly from the dish. Enjoy!

## Fatty Liver Mediterranean Breakfast Recipes

### BAKED BEANS



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

10 mins



**SERVING**

2 People

**Nutritional  
facts**

245 Cal.

#### Ingredients

- 1 can (14 oz) haricot beans, drained and rinsed
- 1 ½ cups tomato puree (passata)
- 2 slices whole-grain bread
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 1 tbsp extra virgin olive oil
- 1 tsp smoked paprika
- 1 tbsp Worcestershire sauce
- Salt and black pepper, to taste

#### Steps to Cook

1. Heat olive oil in a saucepan over medium heat. Sauté the onion for 3–4 minutes until softened.
2. Add garlic and smoked paprika; stir for 30 seconds until fragrant.
3. Stir in the beans, tomato puree, and Worcestershire sauce. Season with salt and pepper.
4. Simmer gently for 5–7 minutes, stirring occasionally, until the sauce thickens and coats the beans.
5. Toast the whole-grain bread and serve the beans on top or on the side. Enjoy!



## Fatty Liver Mediterranean Breakfast Recipes

### CITRUS YOGURT PARFAIT



**TIME TO  
PREPARE**  
10 mins



**COOK  
TIME**  
0 mins



**SERVING**  
2 People

**Nutritional  
facts**  
168 Cal.

#### Ingredients

- 3 cups Greek yogurt (low-fat)
- 1 tsp vanilla extract
- 28 clementine segments
- 4 tsp honey
- ¼ cup dry-roasted pistachios, chopped

#### Steps to Cook

1. Whisk the Greek yogurt and vanilla extract in a medium bowl until smooth and creamy.
2. Divide the yogurt mixture evenly between two or four serving glasses.
3. Top each glass with fresh clementine segments and a drizzle of honey.
4. Sprinkle with chopped pistachios for crunch and serve immediately.

## Fatty Liver Mediterranean Breakfast Recipes

### PLANTAIN CHIPS



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

20 mins



**SERVING**

2 People

**Nutritional  
facts**

112 Cal.

#### Ingredients

- 2 ripe plantains, peeled and thinly sliced into rounds
- 1 tbsp extra virgin olive oil
- ¼ tsp sea salt
- ⅛ tsp cayenne pepper (optional)

#### Steps to Cook

1. Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper.
2. In a bowl, toss the plantain slices with olive oil, salt, and cayenne pepper until evenly coated.
3. Place the slices in a single layer on the baking sheet.
4. Bake for 10 minutes, then flip each slice and bake for another 8–10 minutes until golden and crispy.
5. Let them cool for 5 minutes to reach maximum crispiness. Enjoy!



## Fatty Liver Mediterranean Breakfast Recipes

### EGG FRITTATA



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

20 mins



**SERVING**

6 People

**Nutritional  
facts**

195 Cal.

#### Ingredients

- 10 large eggs & ¼ cup unsweetened almond milk
- 4 cups mixed vegetables (bell peppers, broccoli, zucchini)
- 1 cup low-fat shredded cheese & ½ cup red onion, diced
- **Seasoning:** 1 tsp minced garlic, ½ tsp sea salt, ¼ tsp pepper, ¼ tsp paprika
- Fresh parsley or green onions for garnish

#### Steps to Cook

1. Preheat the oven to 375°F (190°C), then whisk the eggs with milk, salt, pepper, paprika, and cheese in a bowl.
2. Sauté onion and garlic in an ovenproof skillet for 2–3 minutes, then add the mixed vegetables and cook for 5 minutes, until soft.
3. Pour the egg mixture over the vegetables, stir gently to distribute, and cook on the stovetop for 4–5 minutes until the edges are set.
4. Transfer the skillet to the oven and bake for 10–12 minutes until the top is set; garnish with fresh herbs and serve.

## Fatty Liver Mediterranean Breakfast Recipes

### PEANUT BUTTER OATMEAL BALLS



**TIME TO  
PREPARE**

15 mins



**COOK  
TIME**

10 mins



**SERVING**

2 People

**Nutritional  
facts**

235 Cal.

#### Ingredients

- 1 cup old-fashioned rolled oats
- ¼ cup natural peanut butter & 1 tbsp honey (or maple syrup)
- 1 tbsp flaxseeds & 1 tsp chia seeds
- 1 tbsp dark chocolate chips (70% cocoa)
- 2 tbsp crushed peanuts (for rolling)
- **Flavor:** ½ tsp vanilla, pinch of cinnamon, and sea salt

#### Steps to Cook

1. Combine oats, flaxseeds, chia seeds, cinnamon, and salt in a large bowl.
2. Mix the peanut butter, honey, and vanilla in a separate bowl (soften in the microwave for 15s if needed).
3. Combine the wet and dry ingredients, fold in the chocolate chips, and stir until a sticky dough forms.
4. Roll into 6–8 bite-sized balls, coat each in crushed peanuts, and refrigerate for 30 minutes to firm up.



## Fatty Liver Mediterranean Breakfast Recipes

### BREAKFAST QUICHE



**TIME TO  
PREPARE**

15 mins



**COOK  
TIME**

35 mins



**SERVING**

4 People

**Nutritional  
facts**

275 Cal.

#### Ingredients

- **Crust:** 1½ cups almond flour, 1 egg, 2 tbsp olive oil, pinch of salt
- **Filling:** 4 large eggs & 1 cup unsweetened almond milk
- **Add-ins:** 1 cup spinach or mushrooms, ½ cup low-fat shredded cheese, ¼ cup red onion
- **Seasoning:** ½ tsp sea salt and black pepper

#### Steps to Cook

1. Preheat oven to 350°F (180°C). Mix crust ingredients into a dough, press into a greased pie dish, and pre-bake for 8 minutes.
2. In a bowl, whisk the 4 eggs with almond milk, salt, and pepper until smooth.
3. Distribute the spinach (or mushrooms), onion, and cheese evenly over the pre-baked crust.
4. Pour the egg mixture over the fillings and bake for 30–35 minutes until the center is set and the top is golden.

## Fatty Liver Mediterranean Breakfast Recipes

### EGG BENEDICT SANDWICH



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

10 mins



**SERVING**

4 People

**Nutritional  
facts**

275 Cal.

#### Ingredients

- 4 whole-grain English muffins, split
- 4 large eggs
- 4 slices lean turkey breast
- 2 cups baby spinach
- 1 tbsp extra virgin olive oil
- **Healthy Hollandaise:** ¼ cup Greek yogurt, 1 tsp lemon juice, ½ tsp Dijon mustard, pinch of cayenne
- Salt and black pepper to taste

#### Steps to Cook

1. Whisk the yogurt, lemon juice, mustard, and cayenne in a bowl to make the sauce, then set aside.
2. Toast the muffins until golden; meanwhile, sear the turkey in a skillet for 1 minute per side, then wilt the spinach.
3. Steam the eggs in a non-stick pan with 2 tbsp of water (covered) for 2–3 minutes, until the whites are set, but the yolks are soft.
4. Layer the turkey and spinach on each muffin half, top with an egg, and drizzle with the yogurt sauce.



# **Fatty Liver Mediterranean Diet Lunch Recipes**

## Fatty Liver Mediterranean Lunch Recipes

### ROAST CHICKEN THIGHS WITH LEMON



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

40 mins



**SERVING**

2 People

**Nutritional  
facts**

385 Cal.

#### Ingredients

- 4 chicken thighs, bone-in
- 2 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- 2 tbsp fresh herbs (thyme or rosemary), chopped
- 1 garlic bulb, halved crosswise
- Salt and black pepper, to taste
- Lemon slices for garnish

#### Steps to Cook

1. Preheat the oven to 400°F (200°C), then whisk together the lemon juice, oil, herbs, salt, and pepper in a bowl.
2. Toss the chicken thighs in the marinade until well coated, then transfer them to a roasting pan.
3. Nestle the garlic halves and lemon slices among the chicken pieces.
4. Roast for 35–40 minutes until golden and tender, then let rest for 5 minutes and drizzle with pan juices.

## Fatty Liver Mediterranean Lunch Recipes

### CHICKEN GOUJONS WITH PARMESAN CRUMB



**TIME TO  
PREPARE**

20 mins



**COOK  
TIME**

15 minutes



**SERVING**

2 People

**Nutritional  
facts**

395 Cal.

#### Ingredients

- 2 chicken breast fillets, cut into thin strips
- 1 large egg, beaten
- ½ cup grated Parmesan cheese
- ¼ cup quick-cook polenta (or almond flour)
- **Seasoning:** ½ tsp dried thyme, ½ tsp paprika, salt, and pepper to taste
- Lemon wedges for serving

#### Steps to Cook

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Mix Parmesan, polenta, thyme, paprika, salt, and pepper in a shallow bowl.
3. Dip chicken strips into the egg, then coat thoroughly in the Parmesan mixture and place on the baking sheet.
4. Bake for 14–15 minutes, flipping halfway through, until golden and crispy; serve with lemon wedges.

## Fatty Liver Mediterranean Lunch Recipes

### ONE-POT ROAST CHICKEN



**TIME TO  
PREPARE**

20 mins



**COOK  
TIME**

1 hour 20  
minutes



**SERVING**

4 People

**Nutritional  
facts**

455 Cal.

#### Ingredients

- 1 whole chicken (approx. 3 lbs)
- 1 lb potatoes (halved) & 1 cup carrots (sliced)
- 1 cup mushrooms (halved) & 1 onion (sliced)
- 1 cup low-sodium chicken stock
- 1 cup frozen peas
- 1 tbsp olive oil & 1 tbsp fresh thyme
- Salt and black pepper, to taste

#### Steps to Cook

1. Preheat the oven to 400°F (200°C). Place chicken and onion in a Dutch oven, drizzle with oil, and season with thyme, salt, and pepper.
2. Roast the chicken uncovered for 30 minutes, then remove from the oven and arrange potatoes, carrots, and mushrooms around it.
3. Pour in the stock, cover with a lid, and roast for another 45–50 minutes until chicken and vegetables are tender.
4. Stir in the frozen peas for the last 5 minutes of cooking, then carve the chicken and serve with the pan juices.



## Fatty Liver Mediterranean Lunch Recipes

### SIMPLE CHICKEN CASSEROLE



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

45 mins



**SERVING**

4 People

**Nutritional  
facts**

305 Cal.

#### Ingredients

- 6 boneless, skinless chicken thighs
- 1 onion & 3 carrots (sliced), 1 cup mushrooms (sliced)
- 1 can (14 oz) chopped tomatoes
- ½ cup mixed olives, pitted
- 1 cup low-sodium chicken stock
- 2 tbsp olive oil & 1 tsp dried herbs (oregano, basil)
- Salt and black pepper, to taste

#### Steps to Cook

1. Preheat the oven to 400°F (200°C). Brown the seasoned chicken in olive oil in an oven-proof dish for 3–4 minutes per side; remove and set aside.
2. In the same dish, sauté the onion and mushrooms for 5 minutes until softened, then stir in the carrots, tomatoes, olives, stock, and herbs.
3. Return the chicken to the dish, bring to a light simmer on the stovetop, and cover with a lid.
4. Transfer to the oven and bake for 35–40 minutes until the chicken is tender and the sauce has thickened.

## Fatty Liver Mediterranean Lunch Recipes

### EASY CHICKEN TAGINE



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

45 minutes



**SERVING**

2 People

**Nutritional  
facts**

445 Cal.

#### Ingredients

- 3 chicken thighs, cubed
- 1 can (14 oz) chickpeas (rinsed) & 1 can (14 oz) chopped tomatoes
- 1 onion (sliced) & 1 red bell pepper (cubed)
- 4 dried apricots, chopped
- 1 cup low-sodium chicken stock
- **Spices:** 1 tsp cumin, 1½ tsp coriander, ¼ tsp cinnamon, salt, and pepper
- **Garnish:** Fresh cilantro and pomegranate seeds

#### Steps to Cook

1. Preheat the oven to 400°F (200°C), then heat olive oil in a heavy ovenproof pot.
2. Sauté the onion and chicken for 6–8 minutes until browned, then stir in the spices and cook for 30 seconds until fragrant.
3. Add the bell pepper, tomatoes, chickpeas, apricots, and stock; season with salt and pepper and bring to a simmer.
4. Cover with a lid and bake for 45 minutes, until the chicken is tender; garnish with cilantro and pomegranate seeds.

## Fatty Liver Mediterranean Lunch Recipes

### CHINESE-STYLE DRUMSTICKS



#### TIME TO PREPARE

10 mins  
(+ 30 mins  
marinating)



#### COOK TIME

40 minutes



#### SERVING

4 People

#### Nutritional facts

240 Cal.

#### Ingredients

- 8 chicken drumsticks (skin removed)
- 4 tbsp low-sodium soy sauce
- 2 tsp sesame oil
- 2 tsp Chinese five-spice powder
- 2 garlic cloves, crushed
- 2 spring onions, sliced & 1 tsp sesame seeds

#### Steps to Cook

1. Whisk together soy sauce, sesame oil, garlic, and five-spice powder; reserve 1 tbsp of the mixture, then marinate the drumsticks (with deep slashes) in the remaining mixture for 30 minutes.
2. Preheat the oven to 400°F (200°C) and place the drumsticks on a lined baking sheet.
3. Bake for 20 minutes, then remove and brush the chicken with the reserved marinade.
4. Bake for another 15–20 minutes until golden brown; garnish with spring onions and sesame seeds.



## Fatty Liver Mediterranean Lunch Recipes

### CHICKEN TIKKA MASALA



#### TIME TO PREPARE

10 mins  
(+ 20 mins  
marinating)



#### COOK TIME

25 mins



#### SERVING

4 People

#### Nutritional facts

425 Cal.

#### Ingredients

- 2 large chicken breasts, cubed
- 4 tbsp low-fat Greek yogurt & 3 tbsp Tikka curry paste (divided)
- 1 onion (chopped), 2 garlic cloves (minced), 1 tsp ginger (grated)
- 1 tbsp tomato purée & 2 tbsp olive oil
- **Garnish:** Fresh cilantro and sliced red chili

#### Steps to Cook

1. Marinate the chicken in a mixture of yogurt and 1 tbsp of curry paste in the fridge for 20 minutes.
2. Sauté onion in 1 tbsp oil for 5 minutes, then add garlic, ginger, and the remaining curry paste, cooking for 2 minutes.
3. Stir in tomato purée and 1 cup water, simmer for 10 minutes, then blend with a hand blender for a smooth sauce.
4. Brown the marinated chicken in the remaining oil for 6 minutes, then pour the sauce over it and simmer for 5–8 minutes until cooked through.



## Fatty Liver Mediterranean Lunch Recipes

### CHICKEN, PEPPER, AND CHORIZO BAKE



**TIME TO  
PREPARE**

20 mins



**COOK  
TIME**

40 mins



**SERVING**

2 People

**Nutritional  
facts**

420 Cal.

#### Ingredients

- 4 chicken thighs, bone-in
- 1 red onion (wedges), 4 tomatoes (quartered), 2 bell peppers (cubed)
- 1 oz (25g) chorizo, finely diced
- 1 tbsp extra virgin olive oil
- 1 tsp smoked paprika
- Salt, black pepper, and fresh parsley

#### Steps to Cook

1. Preheat the oven to 400°F (200°C). In a roasting pan, toss the onion, tomatoes, and peppers with half of the olive oil.
2. Place chicken on top of the vegetables, drizzle with the remaining oil, and season with paprika, salt, and pepper.
3. Roast for 30 minutes, then remove the tray and scatter the diced chorizo over the chicken and vegetables.
4. Return to the oven for 10 minutes until the chicken is golden, and the chorizo is crispy; garnish with fresh parsley

## Fatty Liver Mediterranean Lunch Recipes

### SATAY CHICKEN



#### TIME TO PREPARE

10 minutes  
(+ 20 mins  
marinating)



#### COOK TIME

15 mins



#### SERVING

4 People

#### Nutritional facts

265 Cal.

#### Ingredients

- 3 chicken breasts, cut into strips
- **Marinade:** 1 tbsp olive oil, juice of 1 lime, 2 tsp soy sauce, ½ tsp chili flakes
- **Satay Sauce:** ¼ cup natural peanut butter, 1 tbsp soy sauce, 1 tbsp ginger (grated), 2–3 tbsp warm water
- **Garnish:** Fresh cilantro and lime wedges

#### Steps to Cook

1. Whisk together the marinade ingredients, toss with the chicken strips, and marinate in the fridge for 20 minutes.
2. Thread the chicken onto skewers and cook in a grill pan over medium-high heat for 5–7 minutes per side.
3. Prepare the sauce by mixing peanut butter, soy sauce, and ginger; gradually add warm water until creamy.
4. Place the cooked skewers on a platter, drizzle with the satay sauce, and garnish with cilantro and lime.

## Fatty Liver Mediterranean Lunch Recipes

### TURKEY FAJITAS



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

20 mins



**SERVING**

4 People

**Nutritional  
facts**

198 Cal.

#### Ingredients

- 1 lb turkey breast, cut into strips
- 1 head iceberg or Romaine lettuce (leaves separated)
- 1 onion & 2 bell peppers, sliced into strips
- 1 tbsp extra virgin olive oil
- **Spices:** 1 tsp each: smoked paprika, cumin, coriander; salt & pepper
- **Toppings:** ½ cup low-fat Greek yogurt, cilantro, lime wedges

#### Steps to Cook

1. Heat olive oil in a large skillet and sauté the turkey, onion, and bell peppers for 10–12 minutes.
2. Stir in the paprika, cumin, and coriander; cook for 2 minutes until fragrant, then season with salt and pepper.
3. Prepare the lettuce leaves on a platter to serve as "wraps" for the turkey mixture.
4. Assemble by spooning the turkey and peppers into lettuce leaves, topping with yogurt, cilantro, and lime.



## Fatty Liver Mediterranean Lunch Recipes

### FALAFEL TORTILLA WRAP



**TIME TO  
PREPARE**

10 mins



**COOK  
TIME**

5 minutes



**SERVING**

2 People

**Nutritional  
facts**

195 Cal.

#### Ingredients

- 4 baked chickpea falafels (prepared)
- 2 whole-grain tortillas
- ½ red onion & ½ cup cherry tomatoes, sliced
- 1 cup iceberg lettuce, shredded
- 2 tbsp hummus or low-fat Greek yogurt
- 1 tsp olive oil, fresh parsley

#### Steps to Cook

1. Warm the tortillas in a lightly oiled skillet for 30 seconds on each side until flexible.
2. Spread hummus or Greek yogurt down the center of each tortilla.
3. Layer the lettuce, onion, and tomatoes, then place two (slightly crumbled) falafels on top.
4. Fold the sides inward, roll tightly, and serve immediately with extra dip on the side.



## Fatty Liver Mediterranean Lunch Recipes

### MEDITERRANEAN LETTUCE WRAPS



**TIME TO  
PREPARE**

5 minutes



**COOK  
TIME**

15 minutes



**SERVING**

4 People

**Nutritional  
facts**

160 Cal.

#### Ingredients

- 1 lb (½ kg) ground chicken or turkey
- 6–8 large Romaine or Butter lettuce leaves
- 1 onion, finely chopped & 1 carrot, diced
- 1 tbsp extra virgin olive oil
- 1 tbsp red chili sauce (low-sugar)
- Fresh onion rings for garnish, salt, and pepper

#### Steps to Cook

1. Heat olive oil in a skillet and sauté the onion and carrots for 3–4 minutes until soft.
2. Add the ground chicken, breaking it into crumbs, and cook for 7–10 minutes until browned.
3. Stir in the chili sauce, salt, and pepper; cook for 1 minute to meld the flavors.
4. Spoon the warm mixture into lettuce leaves and top with fresh onion rings.

## Fatty Liver Mediterranean Lunch Recipes

### ZUCCHINI PASTA WITH LEMON GARLIC SHRIMP



**TIME TO  
PREPARE**

5 minutes



**COOK  
TIME**

15 minutes



**SERVING**

4 People

**Nutritional  
facts**

267 Cal.

#### Ingredients

- 3 zucchinis (spiralized)
- 1 lb. shrimps
- 3 garlic cloves (chopped)
- 1 tbsp. lemon juice
- 1 tsp. lemon zest
- 1 shallot (chopped)
- 1 tsp. salt and black pepper
- 2 tbsp. oil

#### Steps to Cook

1. In a large pan, heat the oil. Add garlic, shrimps, shallot, salt, and black pepper. Stir to mix and cook for about 5 minutes per side until pink. Remove from the pan to a plate.
2. In the same pan, pour the remaining oil and add zucchini noodles. Season with salt and black pepper.
3. Add the shrimp, lemon juice, and zest. Toss for about 1 minute.
4. Place on a plate and garnish as desired.
5. Serve warm. Enjoy!

## Fatty Liver Mediterranean Lunch Recipes

### DIJON BAKED SALMON



#### TIME TO PREPARE

5 minutes



#### COOK TIME

20 minutes



#### SERVING

4 People

#### Nutritional facts

246 Cal.

#### Ingredients

- 1 pound sockeye salmon
- ¼ cup fresh parsley, chopped
- ¼ cup Dijon mustard
- 1 tbsp lemon juice
- 1 tbsp avocado oil
- 3 garlic cloves, finely chopped
- Salt and pepper, to taste

#### Steps to Cook

1. In a large bowl, combine the mustard, parsley, lemon juice, oil, and garlic. Mix very well.
2. Place the salmon on a parchment-lined baking tray and generously coat the top with the herbed mustard mixture. Set aside for 20 minutes to marinate.
3. Bake the salmon in the oven for 20 minutes until it is properly cooked, and the top turns a light golden brown.
4. Serve hot with sautéed vegetables and potato wedges. Enjoy!



## Fatty Liver Mediterranean Lunch Recipes

### MEDITERRANEAN QUINOA BOWL



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

15 minutes



**SERVING**

4 People

**Nutritional  
facts**

322 Cal.

#### Ingredients

- 1 cup dry quinoa (rinsed)
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 2 mini cucumbers, sliced
- ½ cup Kalamata olives, pitted
- ½ small red onion, thinly sliced
- 4 oz feta cheese, crumbled
- **Dressing:** 2 tbsp extra virgin olive oil, 1 tbsp lemon juice, 1 tsp dried oregano.
- Fresh parsley for garnish

#### Steps to Cook

1. In a medium saucepan, combine quinoa with 2 cups of water and a pinch of salt. Bring to a boil, then reduce the heat to low, cover, and simmer for 15 minutes until the water is absorbed. Fluff with a fork and let it cool slightly.
2. In a small bowl, whisk together the olive oil, lemon juice, and oregano to create the dressing.
3. Divide the cooked quinoa equally into 4 serving bowls.
4. Top each bowl with chickpeas, cherry tomatoes, cucumbers, olives, red onion, and crumbled feta.
5. Drizzle the dressing over each bowl and garnish with fresh parsley. Enjoy!



## Fatty Liver Mediterranean Lunch Recipes

### QUINOA STUFFED EGGPLANT



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

35 minutes



**SERVING**

6 People

**Nutritional  
facts**

265 Cal.

#### Ingredients

- 3 large eggplants (cut in half lengthwise to make 6 portions)
- 2 cups cooked quinoa
- 1 cup chopped onion
- 1 cup cherry tomatoes, diced
- 2 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- 2 tsp chili powder (or smoked paprika)
- 1 tsp dried oregano
- Salt and black pepper, to taste
- Fresh parsley for garnish

#### Steps to Cook

1. Preheat the oven to 350°F (180°C). Score the eggplant flesh, drizzle with 1 tbsp oil, and bake for 15 minutes.
2. While baking, sauté the onion and garlic in a skillet with the remaining oil until soft.
3. Stir in the tomatoes, cooked quinoa, chili powder, salt, and pepper, then cook for 5 minutes.
4. Press down the flesh of the baked eggplants to create a well and fill each half with the quinoa mixture.
5. Sprinkle with dried oregano and bake for another 20 minutes until tender, then garnish with fresh parsley.

## Fatty Liver Mediterranean Lunch Recipes

### RED BEANS RICE



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

20 minutes



**SERVING**

4 People

**Nutritional  
facts**

461 Cal.

#### Ingredients

- 2 cups cooked brown rice
- 1 cup red kidney beans (canned, rinsed)
- 1 tbsp extra virgin olive oil
- 1 tsp ginger-garlic paste
- ¼ cup carrots & ¾ cup mixed bell peppers, chopped
- 2 tbsp each: soy sauce, chili sauce, apple cider vinegar, paprika
- Salt and black pepper, to taste

#### Steps to Cook

1. Heat olive oil in a skillet and sauté the ginger-garlic paste for 2 minutes until fragrant.
2. Add the carrots and bell peppers, then stir-fry for 5 minutes until tender-crisp.
3. Stir in the red beans and mix well with the vegetables.
4. Add the soy sauce, chili sauce, vinegar, paprika, salt, and pepper, cooking for another 5 minutes.
5. Add the cooked rice, mix thoroughly, and cook for 5–7 minutes until heated through and well-coated.

## Fatty Liver Mediterranean Lunch Recipes

### BEAN STUFFED BELL PEPPERS



**TIME TO  
PREPARE**

15 minutes



**COOK  
TIME**

35 minutes



**SERVING**

3 People

**Nutritional  
facts**

245 Cal.

#### Ingredients

- 3 large bell peppers
- 1 ½ cups cooked beans (kidney or black)
- ½ cup canned corn, drained
- ½ cup tomato sauce (no added sugar)
- ½ cup low-fat mozzarella cheese, shredded
- 2 tbsp olive oil & 2 garlic cloves, minced
- 1 tsp salt and black pepper

#### Steps to Cook

1. Preheat the oven to 350°F (180°C). Cut off the pepper tops, remove seeds, and set the tops aside to use as lids.
2. Sauté garlic in 1 tbsp oil, then add tomato sauce, salt, and pepper, simmering for 5 minutes.
3. Stir the beans and corn into the sauce and cook for 10 minutes to allow the flavors to meld.
4. Stuff the peppers with the mixture, sprinkle with mozzarella, and cover with the pepper lids.
5. Place on a baking tray, drizzle with the remaining oil, and bake for 25–30 minutes until the peppers are tender.



## Fatty Liver Mediterranean Lunch Recipes

### SALMON MEATBALLS



**TIME TO  
PREPARE**

15 minutes



**COOK  
TIME**

15 minutes



**SERVING**

3 People

**Nutritional  
facts**

460 Cal.

#### Ingredients

- 1.1 lbs (500g) fresh salmon fillet, skin removed and cubed
- 3 tbsp whole-grain breadcrumbs
- ½ medium onion, finely chopped
- 1 large egg
- 1 garlic clove, minced
- 1 tsp fresh lemon juice
- 1 tsp salt and black pepper
- 1 tbsp extra virgin olive oil (for brushing)

#### Steps to Cook

1. Pulse the salmon in a food processor until finely chopped, then transfer to a bowl.
2. Mix in the breadcrumbs, onion, garlic, lemon juice, egg, salt, and pepper until well combined.
3. Form the mixture into small, even meatballs and place them on a parchment-lined baking tray.
4. Brush the tops with olive oil, then bake at 350°F (180°C) for 13–15 minutes, until cooked through and golden.



## Fatty Liver Mediterranean Lunch Recipes

### SPICE GRILLED SALMON



#### TIME TO PREPARE

15 minutes  
(+ 20 mins  
marinating)



#### COOK TIME

10 minutes



#### SERVING

2 People

#### Nutritional facts

262 Cal.

#### Ingredients

- 12 oz salmon fillet (two 6-oz portions)
- 2 tbsp fresh lemon juice
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh rosemary, finely chopped
- 1 tbsp fresh thyme, finely chopped
- 1 tsp red chili flakes
- 1 tsp salt and black pepper
- Fresh rosemary sprigs and lemon slices for garnish

#### Steps to Cook

1. Combine the lemon juice, rosemary, thyme, salt, pepper, and chili flakes in a bowl to create the marinade.
2. Coat the salmon fillets with the marinade and set aside in a shallow dish for 15–20 minutes.
3. Heat olive oil in a grill pan over medium-high heat and sear the salmon for 3–5 minutes per side.
4. Cook until the fish is golden and flakes easily, then garnish with rosemary sprigs and lemon slices.

# **Fatty Liver**

## **Mediterranean Diet**

### **Soups and Salads**

### **Recipes**

## Fatty Liver Mediterranean Soups Recipes

### CHICKPEA POTATO SOUP



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

20 minutes



**SERVING**

4 People

**Nutritional  
facts**

245 Cal.

#### Ingredients

- 2 medium potatoes, peeled and chopped
- 1 ½ cups chickpeas (canned, drained, and rinsed)
- 1 onion, chopped
- 1 garlic clove, minced
- 2 cups vegetable broth
- 1 cup light coconut milk (or unsweetened almond milk)
- 2 tbsp extra virgin olive oil
- ½ tsp dried oregano
- ½ tsp dried thyme
- 1 tsp salt and black pepper, to taste

**Garnish:** Roasted chickpeas and fresh cilantro

#### Steps to Cook

1. Heat olive oil in a saucepan and sauté the onion and garlic for 2 minutes until translucent.
2. Add the potatoes and chickpeas, season with salt and pepper, and stir well.
3. Pour in the vegetable broth and coconut milk, bring to a boil, then simmer covered for 15–20 minutes.
4. Once potatoes are tender, remove from heat and blend the soup with an immersion blender until smooth.
5. Stir in the oregano and thyme, heat for one more minute, then serve garnished with roasted chickpeas and cilantro.

## Fatty Liver Mediterranean Soups Recipes

### PUMPKIN SOUP



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

25 minutes



**SERVING**

4 People

**Nutritional  
facts**

243 Cal.

#### Ingredients

- 2 lbs pumpkin, peeled and cubed
- 1 medium onion & 2 garlic cloves, finely chopped
- 3 cups vegetable broth
- 1 tbsp extra virgin olive oil
- 2 tbsp light coconut milk
- 1 tsp salt & 1 tsp black pepper

**Garnish:** Pumpkin seeds and fresh parsley

#### Steps to Cook

1. Heat olive oil in a large pot, then sauté the onion and garlic for 3–5 minutes, until soft.
2. Add the pumpkin cubes and sauté for another 5 minutes, stirring occasionally.
3. Season with salt and pepper, pour in the vegetable broth, and bring the mixture to a boil.
4. Reduce the heat and simmer, covered, for 15–20 minutes, until the pumpkin is completely tender.
5. Blend the soup with an immersion blender until smooth, stir in the coconut milk, and serve garnished with seeds and parsley.



## Fatty Liver Mediterranean Soups Recipes

### LEMON LENTIL SOUP



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

40 minutes



**SERVING**

4 People

**Nutritional  
facts**

264 Cal.

#### Ingredients

- 1 cup lentils (green or black), soaked and rinsed
- 1 potato, ½ cup carrots, ½ cup tomatoes, 1 onion (all diced)
- 2 garlic cloves, minced
- 3–4 cups vegetable broth
- 2 tbsp extra virgin olive oil & 2 tbsp lemon juice
- **Seasoning:** 1 tsp each: salt, pepper, chili powder; 2 bay leaves
- **Garnish:** Lemon slices, fresh basil, pinch of chili powder

#### Steps to Cook

1. Heat olive oil in a saucepan and sauté the onion and garlic until translucent and fragrant.
2. Add the diced potatoes and carrots, stirring and cooking for 5–7 minutes.
3. Stir in the lentils, broth, tomatoes, salt, pepper, chili powder, and bay leaves; bring to a boil.
4. Reduce the heat and simmer, covered, for 35–40 minutes, until the lentils and vegetables are completely soft.
5. Remove the bay leaves, blend the soup with an immersion blender until smooth, and stir in the lemon juice before serving.

## Fatty Liver Mediterranean Soups Recipes

### BUTTERNUT SQUASH SOUP



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

30 minutes



**SERVING**

4 People

**Nutritional  
facts**

275 Cal.

#### Ingredients

- 2 lbs butternut squash, peeled and cubed
- ½ cup onion, chopped & 2 garlic cloves, minced
- 3 cups unsweetened almond milk
- 1 cup vegetable broth
- 2 tbsp extra virgin olive oil & 2 tbsp lemon juice
- **Spices:** 1 tsp each: ginger powder, paprika, dried oregano; salt and pepper to taste
- **Garnish:** Fresh cilantro and coconut milk

#### Steps to Cook

1. Heat olive oil in a large pot and sauté the onion for 2 minutes, then add garlic for 15 seconds until fragrant.
2. Add the squash, almond milk, broth, and all spices; bring to a boil, then cover and simmer for 25–30 minutes until soft.
3. Blend the mixture directly in the pot with an immersion blender until thick, smooth, and creamy.
4. Stir in the lemon juice and serve warm, garnished with a drizzle of coconut milk and fresh cilantro.

## Fatty Liver Mediterranean Soups Recipes

### CREAMY ASPARAGUS SOUP



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

30 minutes



**SERVING**

4 People

**Nutritional  
facts**

253 Cal.

#### Ingredients

- 1 lb asparagus, trimmed (reserve tips for garnish)
- 1 potato, cubed & 1 onion, chopped
- 2 garlic cloves, minced & 1 tsp fresh ginger, grated
- 3 cups vegetable broth & 2 cups light coconut milk
- ¼ cup ground cashews
- 2 tbsp olive oil, 1 tsp thyme, 1 tsp dill, salt, and pepper

**For serving:** Gluten-free garlic toast

#### Steps to Cook

1. Heat olive oil in a pot, then sauté the onion until translucent. Add garlic and ginger and cook for 1 minute.
2. Add the asparagus pieces and potato cubes; season with salt and pepper and stir-fry for 2–4 minutes.
3. Stir in the thyme, dill, ground cashews, vegetable broth, and coconut milk; bring to a boil.
4. Reduce the heat and simmer for 25–30 minutes, until the vegetables are soft, then blend with an immersion blender until creamy.
5. Serve hot in bowls, topped with the reserved asparagus tips and accompanied by garlic toast.



## Fatty Liver Mediterranean Salads Recipes

### GREEN AVOCADO SALAD



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

0 minutes



**SERVING**

4 People

**Nutritional  
facts**

144 Cal.

#### Ingredients

- 2 large avocados, sliced
- 2 large cucumbers, sliced
- ¾ cup fresh chives, chopped
- 2 garlic cloves, minced
- 2 tbsp lemon juice & 2 tbsp extra virgin olive oil
- 1 tsp sea salt & 1 tsp black pepper
- Fresh parsley leaves for serving

#### Steps to Cook

1. Combine the sliced cucumbers, avocado, and chopped chives in a large mixing bowl.
2. Whisk together the lemon juice, minced garlic, sea salt, and black pepper in a small bowl to create the dressing.
3. Pour the dressing over the vegetables and toss gently to coat, taking care not to mash the avocado.
4. Arrange a bed of fresh parsley in a serving bowl, transfer the salad onto it, and drizzle with olive oil before serving.



## Fatty Liver Mediterranean Salads Recipes

### MASSAGED KALE SALAD



**TIME TO  
PREPARE**

15 minutes



**COOK  
TIME**

0 minutes



**SERVING**

4 People

**Nutritional  
facts**

154 Cal.

#### Ingredients

- 1 bunch (300g) kale, stems removed and sliced into ribbons
- ¼ cup cooked brown rice
- 1 small red onion, thinly sliced
- ¼ cup feta or Parmesan cheese, crumbled
- 2 tbsp extra virgin olive oil & 1 tbsp lemon juice
- ½ tsp sea salt

**Garnish:** Pomegranate seeds and walnuts

#### Steps to Cook

1. Place the kale ribbons in a bowl, drizzle with 1 tbsp olive oil, and salt.
2. Massage the kale by hand for 2–3 minutes until the leaves become soft, dark, and tender.
3. Add the cooked brown rice, red onion, and crumbled cheese to the bowl.
4. Drizzle with the remaining olive oil and lemon juice, then toss all ingredients thoroughly.
5. Top with pomegranate seeds and walnuts for a Mediterranean finish and serve immediately.

## Fatty Liver Mediterranean Salads Recipes

### STUFFED AVOCADO SALAD



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

0 minutes



**SERVING**

4 People

**Nutritional  
facts**

186 Cal.

#### Ingredients

- 2 large ripe avocados, halved and pitted
- 1 cup mixed cherry tomatoes (red and yellow), sliced
- 1 tbsp extra virgin olive oil
- **Spices:** 1 tsp each: garlic powder, dried oregano, dried thyme; salt and pepper to taste
- 5–6 fresh basil leaves for garnish

#### Steps to Cook

1. Combine the sliced tomatoes in a bowl with olive oil, garlic powder, oregano, thyme, salt, and pepper; toss gently to coat.
2. Scoop out a small amount of flesh from the center of each avocado half to create a larger well for the filling.
3. Dice the scooped-out avocado, mix it back into the tomato mixture, and fill each avocado half generously.
4. Garnish with fresh basil leaves and serve immediately on a platter as a light appetizer.

## Fatty Liver Mediterranean Salads Recipes

### QUINOA AND CORN SALAD



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

0 minutes



**SERVING**

4 People

**Nutritional  
facts**

145 Cal.

#### Ingredients

- 2 cups cooked quinoa
- 1 cup sweet corn & ½ cup chickpeas (rinsed)
- ½ cup each: chopped cucumber, tomato, and red onion
- ½ cup fresh lemon juice
- **Seasoning:** 1 tsp cumin seeds, 1 tsp cilantro, 1 tsp minced green chili (optional), salt, and pepper

#### Steps to Cook

1. Place the cooked quinoa in a large mixing bowl as the base.
2. Add the sweet corn, chickpeas, cucumber, tomato, and red onion to the bowl.
3. Season with cumin seeds, cilantro, green chili, salt, and pepper, then pour the lemon juice over the mixture.
4. Toss everything thoroughly to combine and serve immediately or chill for 20 minutes to enhance the flavors.



## Fatty Liver Mediterranean Salads Recipes

### ROASTED SQUASH SALAD



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

30 minutes



**SERVING**

4 People

**Nutritional  
facts**

157 Cal.

#### Ingredients

- 1 medium butternut squash, peeled and cubed
- 2 cups baby spinach or arugula
- 2 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- **Seasoning:** ¼ tsp sea salt, ⅛ tsp black pepper, 1 tbsp fresh parsley
- **Garnish:** Walnuts or pecans

#### Steps to Cook

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Toss the squash cubes in a bowl with olive oil, minced garlic, salt, and pepper until evenly coated.
3. Spread the squash in a single layer on the baking sheet and roast for 20–30 minutes until tender and browned.
4. Arrange a bed of fresh spinach or arugula on a serving platter or in individual bowls.
5. Place the warm roasted squash over the greens, garnish with fresh parsley and nuts, and serve.



# **Fatty Liver**

## **Mediterranean Diet**

### **Dinner Recipes**

## Fatty Liver Mediterranean Dinner Recipes

### ROASTED TOMATO PENNE PASTA



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

25 minutes



**SERVING**

4 People

**Nutritional  
facts**

236 Cals

#### Ingredients

- 1 cup whole-wheat penne pasta
- 1 cup cherry tomatoes
- ½ cup feta cheese, cubed
- 4 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- Salt and black pepper, to taste
- Fresh basil leaves for garnish

#### Steps to Cook

1. Preheat the oven to 375°F (190°C) and arrange cherry tomatoes in a baking dish.
2. Drizzle with 2 tbsp oil, add garlic, salt, and pepper, then roast for 15–20 minutes until soft.
3. Cook the penne in boiling salted water until al dente, then drain well.
4. Add the pasta to the baking dish with the tomatoes, pouring in the remaining oil and feta cheese.
5. Gently toss everything together so the tomatoes burst to form a sauce, then garnish with fresh basil.

## Fatty Liver Mediterranean Dinner Recipes

### SAUTÉED GARLIC SHRIMPS



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

10 minutes



**SERVING**

2 People

**Nutritional  
facts**

295 Cal.

#### Ingredients

- 8 oz (250g) large shrimps, peeled and deveined
- 3 garlic cloves, finely chopped
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 2 tbsp fresh parsley, chopped
- **Seasoning:** 1 tsp dried oregano, salt, and black pepper to taste

#### Steps to Cook

1. Heat olive oil in a skillet over medium heat and sauté the garlic for 30–45 seconds until fragrant.
2. Add the shrimps in a single layer and sauté for 2–3 minutes until pink and opaque.
3. Season with salt, pepper, and oregano, then pour in the lemon juice and toss for 1–2 minutes to meld flavors.
4. Remove from heat immediately, garnish with fresh parsley, and serve hot with vegetables or brown rice.

## Fatty Liver Mediterranean Dinner Recipes

### HERB ROASTED CHICKEN BREAST



#### TIME TO PREPARE

10 minutes  
(+ 20 mins  
marinating)



#### COOK TIME

20 minutes



#### SERVING

4 People

#### Nutritional facts

357 Cal.

#### Ingredients

- 1.5 lbs chicken breasts
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp fresh rosemary, chopped
- 1 garlic clove, minced
- **Seasoning:** 1 tsp red chili flakes, salt, and black pepper to taste
- **Side:** Roasted vegetables or light mashed potatoes

#### Steps to Cook

1. Preheat the oven to 425°F (220°C) and whisk oil, lemon juice, rosemary, garlic, and spices in a bowl.
2. Coat the chicken with the marinade in a bag or shallow dish and let it rest for 15–20 minutes.
3. Place the chicken on a baking tray lined with parchment and bake for 18–20 minutes, flipping halfway through.
4. Garnish with fresh rosemary and serve with roasted vegetables or a light side of your choice.



## Fatty Liver Mediterranean Dinner Recipes

### PAN-FRIED FISH WITH LEMON AND PARSLEY



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

10 minutes



**SERVING**

2 People

**Nutritional  
facts**

365 Cal.

#### Ingredients

- 2 white fish fillets (plaice, cod, or sea bass)
- 2 tbsp extra virgin olive oil
- 1 tsp butter
- 1 tbsp lemon juice
- 2 tbsp fresh parsley, chopped
- Salt and black pepper, to taste
- Lemon wedges for serving

#### Steps to Cook

1. Season the fish fillets with salt and pepper, then heat olive oil and butter in a non-stick pan until foaming.
2. Place the fish skin-side down and cook for 3–4 minutes without moving it to create a golden crust.
3. Flip carefully and cook for another 1–2 minutes until opaque, then transfer the fillets to serving plates.
4. Add lemon juice and parsley to the hot pan juices, whisk quickly, and pour the sauce over the fish.

## Fatty Liver Mediterranean Dinner Recipes

### CRUNCHY FISH BITES



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

15 minutes



**SERVING**

2 People

**Nutritional  
facts**

383 Cal.

#### Ingredients

- 10 oz (275g) white fish fillet (cod or halibut), cut into chunks
- 1 medium egg, whisked
- 3 tbsp fine polenta & 2 tbsp ground almonds
- 2 tbsp extra virgin olive oil
- Sea salt and black pepper, to taste
- Lemon wedges for serving

#### Steps to Cook

1. Whisk the egg with salt and pepper in one bowl, and combine polenta with ground almonds in another.
2. Dip each fish chunk into the egg, then toss it in the polenta mixture, pressing gently to coat.
3. Place the fish bites in a single layer in an air fryer basket, then lightly brush them with olive oil.
4. Cook at 400°F (200°C) for 12–15 minutes, turning halfway through, until golden brown and crispy.

## Fatty Liver Mediterranean Dinner Recipes

### MEDITERRANEAN FISH BAKE



#### TIME TO PREPARE

10 minutes



#### COOK TIME

30 minutes



#### SERVING

2 People

#### Nutritional facts

385 Cal.

#### Ingredients

- 10 oz (300g) sea bream or sea bass fillets
- 1 red onion, 1 red pepper, 1 zucchini, 2 tomatoes (all sliced/chunked)
- 1.5 oz (40g) pitted black olives
- 2 tbsp extra virgin olive oil
- Juice of ½ lemon (plus extra wedges for serving)
- Sea salt and black pepper, to taste

#### Steps to Cook

1. Preheat the oven to 400°F (200°C). Scatter the onion, pepper, zucchini, and tomatoes on a baking tray.
2. Drizzle with 1 tbsp oil, season with salt and pepper, and roast for 20 minutes until slightly browned.
3. Place the fish fillets skin-side down among the vegetables, sprinkle with olives, and squeeze lemon juice over the tray.
4. Return to the oven for 10–12 minutes until the fish is opaque and the vegetables are tender.
5. Drizzle with the remaining olive oil and serve hot with fresh lemon wedges.



## Fatty Liver Mediterranean Dinner Recipes

### THAI CURRY WITH PRAWNS



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

20 minutes



**SERVING**

2 People

**Nutritional  
facts**

376 Cal.

#### Ingredients

- 7 oz (200 g) large cooked and peeled prawns
- 3 tbsp Thai red curry paste
- ½ can (200 ml) light coconut milk
- 3.5 oz (100 g) snow peas & 1 red bell pepper, chunked
- 4 spring onions, sliced & 0.7 oz (20 g) ginger, grated
- 1 tbsp olive oil, ½ tsp chili flakes, fresh cilantro

#### Steps to Cook

1. Heat olive oil in a wok or large pan and stir-fry the red pepper for 2 minutes.
2. Add spring onions, ginger, and curry paste; stir-fry for 1 minute until fragrant.
3. Pour in the coconut milk, bring to a simmer, then add the snow peas and chili flakes.
4. Reduce heat, cook for 2 minutes until peas are tender-crisp, then add prawns to heat through for 1–2 minutes.



## Fatty Liver Mediterranean Dinner Recipes

### BAKED SALMON WITH PEA AND BROCCOLI MASH



#### TIME TO PREPARE

10 minutes



#### COOK TIME

20 minutes



#### SERVING

4 People

#### Nutritional facts

440 Cal.

#### Ingredients

- 1.3 lbs (600 g) salmon fillets (4 portions)
- 5.3 oz (150 g) peas & 5.3 oz (150 g) broccoli florets
- 1 tbsp extra virgin olive oil
- 1 tsp butter
- Salt and black pepper, to taste
- Lemon wedges for serving

#### Steps to Cook

1. Preheat the oven to 400°F (200°C) and bake the seasoned salmon fillets on a lined tray for 10–12 minutes.
2. Boil the broccoli and peas in water for 5–6 minutes until tender, then drain thoroughly.
3. Mash the vegetables with butter, a splash of oil, salt, and pepper using a stick blender until almost smooth.
4. Spread the mash on plates, place the salmon on top, and serve with lemon wedges.

## Fatty Liver Mediterranean Dinner Recipes

### CHICKEN SHASHLIK STICKS



#### TIME TO PREPARE

10 minutes  
(+ 20 mins  
marinating)



#### COOK TIME

20 minutes



#### SERVING

4 People

#### Nutritional facts

257 Cal.

#### Ingredients

- 2.2 lbs (1 kg) chicken breast, cubed
- 1 cup each: bell peppers, carrots, onion, cherry tomatoes, and firm low-fat cheese (all cubed)
- 1 tbsp extra virgin olive oil
- **Marinade:** 1 tsp each: vinegar, soy sauce, chili sauce, black pepper, and salt

#### Steps to Cook

1. Marinate the chicken cubes with vinegar, soy sauce, chili sauce, salt, and pepper for 20 minutes.
2. Thread the ingredients onto skewers, alternating between chicken, cheese, and the various vegetables.
3. Heat a grilling pan with olive oil and cook the sticks for 15–20 minutes over medium heat.
4. Turn the skewers frequently until the chicken is golden and cooked through, and the vegetables are tender.

## Fatty Liver Mediterranean Dinner Recipes

### SESAME CHICKEN



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

20 minutes



**SERVING**

4 People

**Nutritional  
facts**

246 Cal.

#### Ingredients

- 2.2 lbs (1 kg) chicken breast, cubed
- ¼ cup sesame seeds
- 1 tbsp extra virgin olive oil
- **Aromatics:** 1 tsp each: ginger & garlic paste
- **Sauce/Spices:** 1 tbsp each: soy sauce, chili sauce, vinegar, paprika, black pepper; salt to taste

#### Steps to Cook

1. Heat olive oil in a wok, then sauté the ginger and garlic pastes for 1 minute, until fragrant.
2. Add the chicken and stir-fry on high heat for 5 minutes until golden and seared.
3. Stir in the soy sauce, chili sauce, vinegar, and all spices, then cover and simmer for 10 minutes.
4. Uncover, cook for 1 minute to thicken the sauce, then toss with sesame seeds until well coated.



## Fatty Liver Mediterranean Dinner Recipes

### FISH TIKKA SKEWERS



#### TIME TO PREPARE

15 minutes  
(+ 20 mins  
marinating)



#### COOK TIME

15 minutes



#### SERVING

4 People

#### Nutritional facts

277 Cal.

#### Ingredients

- 1.1 lbs (500 g) monkfish fillets (or any firm white fish), cut into chunks
- 1 cup bell peppers (capsicum) and onions, cut into cubes
- 1 tbsp extra virgin olive oil
- **The Marinade:**
  - 1 tbsp Greek yogurt (low-fat)
  - 1 tsp chickpea flour (besan)
  - 3 garlic cloves, minced
  - ½ inch fresh ginger, finely chopped
  - 1 tbsp fresh lemon juice
  - 1 tbsp fresh coriander, chopped
  - ½ tsp chili powder, 1 tsp cumin powder, and ¼ tsp white pepper
  - Salt, to taste

#### Steps to Cook

1. Toss the fish chunks with lemon juice and a pinch of salt in a bowl and set aside for 5 minutes.
2. Blend or whisk all marinade ingredients until smooth and thick.
3. Coat the fish cubes with the marinade and let them rest in the refrigerator for at least 20 minutes.
4. Thread the marinated fish onto skewers, alternating with bell pepper and onion cubes.
5. Preheat a grill pan or an oven to 400°F (200°C), then lightly brush it with olive oil.
6. Grill or bake for 10–12 minutes, turning occasionally, until the fish is cooked through and served hot.



## Fatty Liver Mediterranean Dinner Recipes

### MEDITERRANEAN CHICKEN THIGHS WITH BROCCOLI



#### TIME TO PREPARE

10 minutes  
(+ 20 mins  
marinating)



#### COOK TIME

50 minutes



#### SERVING

4 People

#### Nutritional facts

267 Cal.

#### Ingredients

- 4 boneless chicken thighs (1.3 lbs / 600 g)
- 2 cups cauliflower rice (finely grated cauliflower)
- 1 cup broccoli florets
- 3 tbsp extra virgin olive oil (divided)
- 1 onion, chopped & 2 garlic cloves, minced
- **Seasoning:** 1 tsp each: salt, pepper, garlic powder, coriander, dried rosemary
- 1 tbsp fresh parsley, chopped

#### Steps to Cook

1. Combine 1 tbsp oil with all seasonings in a bowl, rub into the chicken, and marinate for 20 minutes.
2. Preheat the oven to 400°F (200°C) and line a baking tray with parchment paper.
3. Place chicken and broccoli on the tray, drizzle with 1 tbsp oil, and roast for 30–35 minutes.
4. While roasting, heat 1 tbsp oil in a pan and sauté the onion and garlic for 3 minutes.
5. Add the cauliflower rice to the pan and cook over medium heat for 15 minutes, then stir in the parsley.
6. Spread the cauliflower rice on a platter, top with the roasted chicken and broccoli, and serve.

## Fatty Liver Mediterranean Dinner Recipes

### LEMON STEAMED FISH



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

20 minutes



**SERVING**

4 People

**Nutritional  
facts**

268 Cal.

#### Ingredients

- 2.2 lbs (1 kg) salmon fillet, cut into portions
- 4 tbsp fresh lemon juice
- 2 tsp garlic paste
- 2 tsp ginger paste
- 2 tsp black pepper
- Salt, to taste
- Fresh lemon slices, for steaming and garnish

#### Steps to Cook

1. Combine the lemon juice, garlic, ginger, salt, and pepper in a bowl and toss the salmon until evenly coated.
2. Fill a deep pan with 2 inches of water, add a steaming rack, and bring the water to a boil over medium-high heat.
3. Place the marinated salmon on the rack, cover with a tight-fitting lid, and steam for 15 minutes.
4. Arrange fresh lemon slices on top of each fillet, cover, and steam for an additional 5 minutes.
5. Check that the fish is opaque and flakes easily, then carefully transfer it to a serving platter.
6. Garnish with additional lemon slices and serve hot.

## Fatty Liver Mediterranean Dinner Recipes

### SZECHWAN SHRIMPS



#### TIME TO PREPARE

10 minutes  
(+ 20 mins  
marinating)



#### COOK TIME

10 minutes



#### SERVING

4 People

#### Nutritional facts

278 Cal.

#### Ingredients

- 1.1 lbs (½ kg) large shrimps, peeled and deveined
- 4 tbsp red chili sauce (low-sugar version)
- 1 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp paprika powder
- 1 tbsp fresh celery leaves, finely chopped
- Salt, to taste
- **Optional:** Boiled brown rice for serving

#### Steps to Cook

1. Rinse the shrimps, pat them dry, and combine in a bowl with salt, paprika, lemon juice, and chili sauce.
2. Mix well to coat each shrimp and let them marinate for 20 minutes.
3. Heat the olive oil in a large frying pan or wok over medium-high heat.
4. Add the shrimps in a single layer and sauté for 3–5 minutes until they turn pink and opaque.
5. Reduce the heat to low, cover the pan, and steam for 2–3 minutes to let the flavors penetrate.
6. Transfer to a platter, garnish with fresh celery leaves, and serve hot.



## Fatty Liver Mediterranean Dinner Recipes

### FISH PATTY



**TIME TO  
PREPARE**

15 minutes



**COOK  
TIME**

20 minutes



**SERVING**

4 People

**Nutritional  
facts**

267 Cal.

#### Ingredients

- 1.1 lbs (½ kg) boneless white fish fillets (cod, tilapia, or halibut)
- 2 large eggs, beaten
- 2 tbsp gluten-free flour (for binding and coating)
- 1 tbsp extra virgin olive oil (for shallow frying)
- 1 tbsp fresh green chili, finely chopped
- 1 tsp low-sodium soy sauce
- 1 tsp chili sauce
- 1 tsp vinegar
- 1 tsp black pepper
- Salt, to taste
- **For serving:** Mint yogurt (Greek yogurt mixed with fresh mint)

#### Steps to Cook

1. Pulse the fish, salt, pepper, and green chili in a food processor until a coarse paste forms.
2. Transfer to a bowl, stir in the vinegar, soy sauce, and chili sauce, then shape into equal-sized patties.
3. Coat each patty in flour, dip it into the beaten eggs, and give it a light second coating of flour.
4. Heat the olive oil in a non-stick pan over medium-low heat.
5. Fry the patties for 7–8 minutes per side until golden brown and cooked through.
6. Place on a paper towel to absorb excess oil, then serve hot with mint yogurt.

## Fatty Liver Mediterranean Dinner Recipes

### CHICKEN DRUMSTICK RICE



#### TIME TO PREPARE

10 minutes  
(+ 20 mins  
marinating)



#### COOK TIME

20 minutes



#### SERVING

4 People

#### Nutritional facts

377 Cal.

#### Ingredients

- 1.1 lbs (½ kg) chicken drumsticks
- 2 cups cooked brown rice
- ¼ cup each: chopped carrots, green peas, shredded red cabbage
- 1 tbsp extra virgin olive oil
- 2 tbsp each: soy sauce, chili sauce, vinegar
- 1 tbsp paprika, 1 tsp black pepper, salt to taste

#### Steps to Cook

1. Marinate the chicken drumsticks with salt, black pepper, and paprika in a bowl for 20 minutes.
2. Place the drumsticks in a steamer basket over boiling water, cover, and steam for 18–20 minutes until tender.
3. Heat the olive oil in a large pan and stir-fry the carrots, peas, and cabbage for 5 minutes.
4. Stir in the salt, black pepper, chili sauce, soy sauce, and vinegar, cooking for another 2 minutes.
5. Add the cooked rice to the vegetables and mix over medium heat for 5 minutes until well combined.
6. Arrange the steamed chicken over the vegetable rice on a platter and serve hot.

## Fatty Liver Mediterranean Dinner Recipes

### JACKFRUIT BBQ SANDWICH



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

20 minutes



**SERVING**

2-4 People

**Nutritional  
facts**

378 Cal.

#### Ingredients

- 2 large whole wheat burger buns, halved
- 1 cup shredded green jackfruit (rinsed)
- ¼ cup BBQ sauce (low-sugar)
- ¼ cup each: sliced carrots, sliced onion
- 1 cup shredded cabbage (red and white)
- ½ cup low-fat or vegan mayonnaise
- 1 tbsp olive oil, 1 tsp vinegar, salt to taste

#### Steps to Cook

1. Toast the bun halves in a dry pan for 1–2 minutes until golden, then set aside.
2. Heat olive oil in a skillet and sauté the jackfruit, onions, and carrots for 5 minutes.
3. Stir in the BBQ sauce, vinegar, and salt; cook for 10–12 minutes until the jackfruit is tender and flavorful.
4. Mix the cabbage with mayonnaise in a bowl, then assemble the buns by layering the BBQ jackfruit and the coleslaw.



## Fatty Liver Mediterranean Dinner Recipes

### MUSHROOMS RISOTTO



#### TIME TO PREPARE

10 minutes  
(+ 30 mins  
soaking)



#### COOK TIME

20 minutes



#### SERVING

4 People

#### Nutritional facts

246 Cal.

#### Ingredients

- 1 cup wild rice, soaked and drained
- 2 cups vegetable stock
- ½ cup mushrooms, sliced
- ½ cup black beans (cooked or canned)
- ½ cup carrots, diced
- 1 tbsp extra virgin olive oil
- **Seasoning:** 1 tbsp fresh parsley, 1 tsp turmeric, 1 tsp paprika, salt to taste

#### Steps to Cook

1. Bring the vegetable stock to a boil in a saucepan over medium heat.
2. Add the olive oil and soaked rice to the boiling stock, then simmer for 10 minutes.
3. Stir in the mushrooms, black beans, carrots, and all seasonings (parsley, turmeric, paprika, salt).
4. Continue cooking over medium-low heat until all liquid is absorbed and the rice is tender.

## Fatty Liver Mediterranean Dinner Recipes

### MEDITERRANEAN BURRITO



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

20 minutes



**SERVING**

4 People

**Nutritional  
facts**

336 Cal.

#### Ingredients

- 4 gluten-free tortillas
- 1 cup boiled chicken, shredded & ½ cup boiled chickpeas
- **Vegetables:** ¼ cup each: tomatoes, onion, capsicum, carrots, mushrooms, broccoli, olives
- **Sauces & Spices:** 1 tbsp each: olive oil, ginger-garlic paste, mustard, chili sauce, soy sauce; 1 tsp paprika, salt

#### Steps to Cook

1. Heat olive oil in a pan and sauté the ginger-garlic paste for 1 minute until fragrant.
2. Add chicken, chickpeas, tomatoes, onions, and capsicum; stir in the salt, paprika, chili, and soy sauces, cooking until heated through.
3. Spread mustard over each tortilla, fill with the chicken mixture and the remaining fresh vegetables (carrots, mushrooms, broccoli, olives).
4. Roll the tortillas tightly and sear on a preheated grilling pan for 5 minutes until grill marks appear.

## Fatty Liver Mediterranean Dinner Recipes

### MEDITERRANEAN FRIED CATFISH



#### TIME TO PREPARE

10 minutes  
(+ 20 mins  
marinating)



#### COOK TIME

20 minutes



#### SERVING

4 People

#### Nutritional facts

246 Cal.

#### Ingredients

- 2.2 lbs (1 kg) catfish, cut into strips
- ½ cup low-fat buttermilk & ½ cup water
- **Coating:** 1 cup cornmeal, ½ cup whole wheat or chickpea flour
- **Seasoning:** 1 tsp seafood seasoning, salt, and black pepper to taste
- Olive oil spray

#### Steps to Cook

1. Whisk buttermilk, water, salt, and pepper in a bowl; coat the fish and marinate for 20 minutes.
2. Combine the cornmeal, flour, and seafood seasoning, then toss the fish strips in the mixture until evenly coated.
3. Arrange the fish in a single layer in a sprayed air fryer basket and lightly spray the tops with oil.
4. Air fry at 400°F (200°C) for 15–20 minutes, turning halfway through, until golden and crispy.



# **Fatty Liver Mediterranean Diet Desserts Recipes**

## Fatty Liver Mediterranean Dessert Recipes

### BERRY PARFAITS



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

0 minutes



**SERVING**

4 People

**Nutritional  
facts**

212 Cal.

#### Ingredients

- 2 cups mixed berries (strawberries, blueberries, raspberries)
- 1 cup Greek yogurt (low-fat)
- 1 cup granola (low-sugar)
- Fresh mint leaves for garnish
- Cornflakes for garnish

#### Steps to Cook

1. Place a layer of granola at the bottom of each dessert glass.
2. Add a layer of Greek yogurt over the granola.
3. Top the yogurt with a mix of fresh berries.
4. Repeat the layers of granola, yogurt, and berries until the glasses are full.
5. Garnish the top with cornflakes, a few extra berries, and fresh mint leaves.
6. Chill in the refrigerator for 5–6 hours before serving to allow the flavors to meld.

## Fatty Liver Mediterranean Dessert Recipes

### MEDITERRANEAN ZUCCHINI BREAD



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

45 minutes



**SERVING**

6 People

**Nutritional  
facts**

167 Cal.

#### Ingredients

- 3 cups grated zucchini (moisture drained)
- 3 cups almond flour
- ¾ cup unsalted butter, melted
- 1 cup brown sugar & 2 large eggs
- 2 tsp vanilla extract & 1 cup chopped pecans
- **Dry Spices:** 1 tsp baking powder, 2 tsp cinnamon, ¼ tsp nutmeg, pinch of salt

#### Steps to Cook

1. Firmly press the grated zucchini in a sieve to remove all excess moisture.
2. Whisk the sugar, eggs, vanilla, salt, zucchini, and melted butter in a large bowl.
3. Gradually stir in the almond flour, baking powder, cinnamon, and nutmeg, then fold in the chopped pecans.
4. Pour into a greased loaf pan and bake at 350°F (175°C) for 40–50 minutes until a toothpick comes out clean.



## Fatty Liver Mediterranean Dessert Recipes

### MEDITERRANEAN PUMPKIN MUFFIN



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

30 minutes



**SERVING**

4 People

**Nutritional  
facts**

174 Cal.

#### Ingredients

- 1 cup almond flour
- ½ cup pumpkin puree
- ¼ cup coconut oil, melted & ½ cup maple syrup
- 2 large eggs & 2 tbsp dairy-free yogurt
- **Dry Mix:** 1 tsp baking powder, ½ tsp baking soda, 1 tsp cinnamon, ½ tsp nutmeg, ½ tsp cloves, pinch of salt
- ¼ tsp vanilla extract

#### Steps to Cook

1. Whisk the almond flour with the baking powder, baking soda, and all spices in a large bowl.
2. In a separate bowl, whisk together the pumpkin puree, melted coconut oil, eggs, vanilla, yogurt, and maple syrup.
3. Combine the wet and dry ingredients, stirring until a smooth batter forms, then pour into a lined muffin pan.
4. Bake at 350°F (175°C) for 25–30 minutes until a toothpick inserted into the center comes out clean.

## Fatty Liver Mediterranean Dessert Recipes

### RASPBERRY CHIA PUDDING



#### TIME TO PREPARE

10 minutes  
(+ 30 mins  
soaking)



#### COOK TIME

0 minutes



#### SERVING

4 People

#### Nutritional facts

186 Cal.

#### Ingredients

- ¼ cup chia seeds
- ½ cup low-fat Greek yogurt
- 1 tbsp honey
- ¼ cup each: raspberries, strawberries, blueberries
- Fresh mint leaves for garnish

#### Steps to Cook

1. Soak chia seeds in a small amount of water for 30 minutes until they reach a gel-like consistency.
2. Whisk the Greek yogurt and honey in a bowl until smooth, then gently fold in the fresh berries.
3. Layer the soaked chia seeds at the bottom of serving glasses and top with the yogurt-berry mixture.
4. Garnish with fresh mint and chill in the refrigerator for at least one hour before serving.

## Fatty Liver Mediterranean Dessert Recipes

### MEDITERRANEAN CARROT CAKE



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

30 minutes



**SERVING**

4 People

**Nutritional  
facts**

185 Cal.

#### Ingredients

- 2 cups almond flour
- 1 ½ cups shredded carrots
- 2 eggs
- ½ cup olive oil
- 1 cup brown sugar (divided)
- ½ cup walnuts & ½ cup raisins
- 1 ½ tsp baking powder & 1 tsp cinnamon
- ½ cup cream cheese (low-fat)

#### Steps to Cook

1. Beat the eggs, olive oil, and ¾ cup of brown sugar in a bowl until creamy, then stir in the cinnamon and baking powder.
2. Fold in the almond flour, then gently mix in the carrots, raisins, and half of the walnuts.
3. Pour the batter into a baking dish and bake at 350°F (175°C) for 30 minutes until a toothpick comes out clean.
4. Whisk the cream cheese with the remaining ¼ cup of brown sugar until fluffy, spread over the cooled cake, and top with the remaining walnuts.



## Fatty Liver Mediterranean Dessert Recipes

### MEDITERRANEAN APPLE CRISP



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

20 minutes



**SERVING**

4 People

**Nutritional  
facts**

178 Cal.

#### Ingredients

- 4 medium apples, sliced
- $\frac{3}{4}$  cup almond flour &  $\frac{1}{2}$  cup rolled oats
- $\frac{1}{2}$  cup light brown sugar (divided)
- 2 tbsp butter (unsalted)
- 1 tsp lemon juice & 1 tsp vanilla extract
- **Spices:** 1 tsp cinnamon, 1 tsp baking powder, pinch of salt

#### Steps to Cook

1. Combine the almond flour, rolled oats,  $\frac{1}{4}$  cup brown sugar, baking powder, cinnamon, and salt in a bowl.
2. Add the butter and rub with your hands until the mixture forms a crumbly texture.
3. In a separate bowl, toss the apple slices with lemon juice, vanilla, and the remaining  $\frac{1}{4}$  cup of brown sugar.
4. Place the apple mixture into a baking dish and spread the crumble topping evenly over the top.
5. Bake at 375°F (190°C) for 20 minutes until the topping is golden brown and the apples are tender.

## Fatty Liver Mediterranean Dessert Recipes

### RASPBERRY MUFFINS



#### TIME TO PREPARE

10 minutes  
(+ 15 mins  
soaking)



#### COOK TIME

30 minutes



#### SERVING

4 People

#### Nutritional facts

189 Cal.

#### Ingredients

- 1 cup fresh or frozen raspberries
- 1 cup whole wheat or almond flour
- ½ cup desiccated coconut
- 1 cup milk (low-fat or plant-based)
- 2 large eggs
- ¾ cup stevia sweetener
- 1 tsp baking powder, 1 tsp vanilla essence, ¼ tsp salt

#### Steps to Cook

1. Combine the milk and desiccated coconut in a large bowl and set aside for 15 minutes to soften.
2. Whisk the eggs, stevia, and vanilla essence into the coconut mixture until well combined.
3. Stir in the flour, baking powder, and salt in a separate bowl, then gradually mix into the wet ingredients.
4. Gently fold the raspberries into the batter, then transfer it to a lined muffin tin.
5. Bake at 375°F (190°C) for 25–30 minutes until light golden brown and a toothpick comes out clean.

## Fatty Liver Mediterranean Dessert Recipes

### BAKED WALNUT APPLE BALLS



**TIME TO  
PREPARE**  
10 minutes



**COOK  
TIME**  
25 minutes



**SERVING**  
4 People

**Nutritional  
facts**  
168 Cal.

#### Ingredients

- 4 medium apples (peeled and cored)
- ¼ cup brown sugar
- 1 tsp butter (for greasing)
- 2 tbsp roasted walnuts, crushed
- ½ tsp cinnamon powder
- 1 tsp coconut oil

#### Steps to Cook

1. Preheat the oven to 180°C (350°F) and grease a baking tray with butter.
2. Place the peeled and cored apples on the tray.
3. Combine the brown sugar, cinnamon, and coconut oil, then pour the mixture over the apples.
4. Bake for 25 minutes until the apples are tender and golden brown, then serve topped with roasted walnuts.



## Fatty Liver Mediterranean Dessert Recipes

### KIWI CHIA PUDDING



#### TIME TO PREPARE

10 minutes  
(+ 6 hours chilling)



#### COOK TIME

0 minutes



#### SERVING

4 People

#### Nutritional facts

154 Cal.

#### Ingredients

- 3 kiwis (2 pureed, 1 sliced)
- 2 tbsp chia seeds
- 1 cup Greek yogurt (low-fat)
- 1 tbsp maple syrup
- **Garnish:** Chopped almonds, walnuts, and pine nuts

#### Steps to Cook

1. Combine the Greek yogurt and chia seeds in a glass jar, mix thoroughly, and refrigerate for at least 6 hours or overnight.
2. Stir the maple syrup into the chilled chia mixture until well combined.
3. Blend two kiwis in a food processor until smooth, then layer the puree at the bottom of serving glasses.
4. Top the fruit puree with the chia pudding, garnish with chopped nuts and fresh kiwi slices, and serve chilled.

## Fatty Liver Mediterranean Dessert Recipes

### OATMEAL WALNUT COOKIES



**TIME TO  
PREPARE**

10 minutes



**COOK  
TIME**

15 minutes



**SERVING**

4 People

**Nutritional  
facts**

175 Cal.

#### Ingredients

- 1 ½ cups almond flour & 3 cups rolled oats
- 1 ¼ cups walnuts, chopped
- 1 ¼ cups butter, softened
- ¾ cup brown sugar
- 2 large eggs
- ¼ cup milk
- **Seasoning:** 1 ½ tsp cinnamon, 1 tsp baking soda, 1 tsp vanilla, 1 tsp salt

#### Steps to Cook

1. Whisk the almond flour, baking soda, cinnamon, and salt in a bowl and set aside.
2. Beat the softened butter with brown sugar in a separate bowl, then stir in the eggs, vanilla, and milk until smooth.
3. Gradually add the dry flour mixture to the butter base, then fold in the rolled oats and chopped walnuts.
4. Shape the dough into small balls, place on a baking tray, and bake at 350°F (175°C) for 10–15 minutes until light golden.

## Shopping List

### Bread, Grains & Seeds

- **Whole wheat:** Bread, Burger buns, Tortillas, Pasta.
- **Grains:** Brown rice, Quinoa, Wild rice, Rolled oats.
- **Seeds & Nuts:** Chia seeds, Flaxseeds, Sesame seeds, Pumpkin seeds, Almonds, Walnuts, Pecans, Peanuts.
- **Flour/Crumbs:** Almond flour, Chickpea flour, Bread crumbs, Polenta.

### Fruits & Berries

- **Fresh:** Apples, Bananas, Oranges, Pear, Lemon, Lime, Pomegranate (seeds).
- **Berries:** Strawberries, Raspberries, Blueberries.
- **Dried:** Dates, Dried apricots

### Vegetables & Greens

- **Fresh:** Avocados, Bell peppers (all colors), Broccoli, Zucchini, Eggplant, Spinach, Asparagus, Cauliflower, Butternut squash.
- **Root:** Potatoes, Carrots, Onion (red & yellow), Garlic, Ginger (fresh root).
- **Others:** Mushrooms, Cabbage (red & white), Tomatoes (cherry & regular), Peas, Jackfruit (green/canned), Jalapenos, Snow peas (mange tout).
- **Herbs:** Cilantro, Parsley, Mint, Green onions.

### Proteins (Poultry, Fish & Legumes)

- **Poultry:** Chicken breast, Chicken thighs (bone-in & boneless), Ground turkey/chicken.
- **Seafood:** Salmon fillets, Catfish strips, Large prawns/shrimps.
- **Legumes:** Chickpeas, Lentils, Black beans (all canned or dried).



### Dairy & Alternatives

- **Dairy:** Low-fat Greek yogurt, Low-fat milk, Low-fat shredded cheese, Butter (unsalted), Parmesan cheese.
- **Plant-based:** Unsweetened almond milk, Coconut milk (light/can).

### Condiments & Pantry Staples

- **Oils:** Extra virgin olive oil, Coconut oil.
- **Sauces:** Low-sodium soy sauce, BBQ sauce (low-sugar), Red chili sauce, Mustard (Dijon), Vinegar (apple cider/white).
- **Pastes:** Thai red curry paste, Tikka curry paste, Tomato purée, Peanut butter (natural).
- **Sweeteners:** Maple syrup, Brown sugar, Monk fruit or Stevia.

### Baking & Seasonings

- **Baking:** Baking powder, Baking soda, Vanilla extract.
- **Spices:** Smoked paprika, Cumin, Ground coriander, Turmeric, Cinnamon, Nutmeg, Cloves, Chili flakes, Seafood seasoning, Mixed dried herbs (oregano/basil).
- **Basic:** Sea salt, Black pepper.

## Cooking Tips

- **Emphasize Flavors:** Use simple techniques like roasting, grilling, sautéing, and slow-cooking. Focus on natural flavors from herbs and garlic, with minimal processing.
- **Healthy Methods:** Prioritize lean proteins, fruits, vegetables, and whole grains. Choose low-fat dairy and healthier cooking methods, such as baking or steaming, rather than frying.
- **Whole Foods Focus:** The most effective way to manage a fatty liver is a diet rich in whole foods, lean proteins, and healthy fats, while strictly limiting processed foods and added sugars.
- **Plate Balance:** Aim for half your plate to be non-starchy vegetables and fruits, a quarter to be lean protein (fish or beans), and a quarter to be whole grains. Use olive oil sparingly and prioritize fish or poultry over red meat.
- **Portion Control:** Focus on portion control by emphasizing plants, moderate healthy fats (nuts, seeds, and oils), and mindful carbohydrate intake to support gradual weight loss and improve liver health.

## 30-DAYS MEAL PLAN FOR MEDITERRANEAN DIET

|                  | 1 <sup>st</sup> Day Plan                  |
|------------------|-------------------------------------------|
| Breakfast        | Pear And Cinnamon Porridge                |
| Lunch            | Roast Chicken Thighs With Lemon           |
| Soups and Salads | Chickpea Potato Soup                      |
| Dinner           | Roasted Tomato Penne Pasta                |
| Dessert          | Berry Parfaits                            |
|                  | 2 <sup>nd</sup> Day Plan                  |
| Breakfast        | Chocolate Granola                         |
| Lunch            | Chicken Goujons With Parmesan Crumb       |
| Soups and Salads | Pumpkin Soup                              |
| Dinner           | Sautéed Garlic Shrimps                    |
| Dessert          | Mediterranean Zucchini Bread              |
|                  | 3 <sup>rd</sup> Day Plan                  |
| Breakfast        | Overnight Oats                            |
| Lunch            | One-Pot Roast Chicken                     |
| Soups and Salads | Lemon Lentil Soup                         |
| Dinner           | Herb Roasted Chicken Breast               |
| Dessert          | Mediterranean Pumpkin Muffin              |
|                  | 4 <sup>th</sup> Day Plan                  |
| Breakfast        | Blueberry Pancakes                        |
| Lunch            | Simple Chicken Casserole                  |
| Soups and Salads | Butternut Squash Soup                     |
| Dinner           | Pan-Fried Fish With Lemon And Parsley     |
| Dessert          | Raspberry Chia Pudding                    |
|                  | 5 <sup>th</sup> Day Plan                  |
| Breakfast        | Banana And Pecan Muffin                   |
| Lunch            | Easy Chicken Tagine                       |
| Soups and Salads | Creamy Asparagus Soup                     |
| Dinner           | Crunchy Fish Bites                        |
| Dessert          | Mediterranean Carrot Cake                 |
|                  | 6 <sup>th</sup> Day Plan                  |
| Breakfast        | Scrambled Eggs With Mushrooms And Spinach |
| Lunch            | Chinese-Style Drumsticks                  |
| Soups and Salads | Green Avocado Salad                       |
| Dinner           | Mediterranean Fish Bake                   |
| Dessert          | Mediterranean Apple Crisp                 |
|                  | 7 <sup>th</sup> Day Plan                  |
| Breakfast        | Avocado and Tomato Toast                  |



|                                 |                                            |
|---------------------------------|--------------------------------------------|
| <b>Lunch</b>                    | Chicken Tikka Masala                       |
| <b>Soups and Salads</b>         | Massaged Kale Salad                        |
| <b>Dinner</b>                   | Thai Curry With Prawns                     |
| <b>Dessert</b>                  | Raspberry Muffins                          |
| <b>8<sup>th</sup> Day Plan</b>  |                                            |
| <b>Breakfast</b>                | Egg Casserole                              |
| <b>Lunch</b>                    | Chicken, Pepper, And Chorizo Bake          |
| <b>Soups and Salads</b>         | Stuffed Avocado Salad                      |
| <b>Dinner</b>                   | Baked Salmon With Pea And Broccoli Mash    |
| <b>Dessert</b>                  | Baked Walnut Apple Balls                   |
| <b>9<sup>th</sup> Day Plan</b>  |                                            |
| <b>Breakfast</b>                | Coffee Cake                                |
| <b>Lunch</b>                    | Satay Chicken                              |
| <b>Soups and Salads</b>         | Quinoa And Corn Salad                      |
| <b>Dinner</b>                   | Chicken Shashlik Sticks                    |
| <b>Dessert</b>                  | Kiwi Chia Pudding                          |
| <b>10<sup>th</sup> Day Plan</b> |                                            |
| <b>Breakfast</b>                | Hash With Sauteed Vegetables               |
| <b>Lunch</b>                    | Turkey Fajitas                             |
| <b>Soups and Salads</b>         | Roasted Squash Salad                       |
| <b>Dinner</b>                   | Sesame Chicken                             |
| <b>Dessert</b>                  | Oatmeal Walnut Cookies                     |
| <b>11<sup>th</sup> Day Plan</b> |                                            |
| <b>Breakfast</b>                | Pear And Cinnamon Porridge                 |
| <b>Lunch</b>                    | Perfect Pulled Pork                        |
| <b>Soups and Salads</b>         | Chickpea Potato Soup                       |
| <b>Dinner</b>                   | Fish Tikka Skewers                         |
| <b>Dessert</b>                  | Berry PARFAITS                             |
| <b>12<sup>th</sup> Day Plan</b> |                                            |
| <b>Breakfast</b>                | Chocolate Granola                          |
| <b>Lunch</b>                    | Mediterranean Lettuce Wraps                |
| <b>Soups and Salads</b>         | Pumpkin Soup                               |
| <b>Dinner</b>                   | Mediterranean Chicken Thighs With Broccoli |
| <b>Dessert</b>                  | Mediterranean Zucchini Bread               |
| <b>13<sup>th</sup> Day Plan</b> |                                            |
| <b>Breakfast</b>                | Overnight Oats                             |
| <b>Lunch</b>                    | Zucchini Pasta With Lemon Garlic Shrimp    |
| <b>Soups and Salads</b>         | Butternut Squash Soup                      |
| <b>Dinner</b>                   | Lemon Steamed Fish                         |

|                                 |                                           |
|---------------------------------|-------------------------------------------|
| <b>Dessert</b>                  | Mediterranean Pumpkin Muffin              |
| <b>14<sup>th</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Blueberry Pancakes                        |
| <b>Lunch</b>                    | Dijon Baked Salmon                        |
| <b>Soups and Salads</b>         | Lemon Lentil Soup                         |
| <b>Dinner</b>                   | Szechwan Shrimps                          |
| <b>Dessert</b>                  | Raspberry Chia Pudding                    |
| <b>15<sup>th</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Banana And Pecan Muffin                   |
| <b>Lunch</b>                    | Mediterranean Quino Bowl                  |
| <b>Soups and Salads</b>         | Creamy Asparagus Soup                     |
| <b>Dinner</b>                   | Fish Patty                                |
| <b>Dessert</b>                  | Mediterranean Carrot Cake                 |
| <b>16<sup>th</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Scrambled Eggs With Mushrooms And Spinach |
| <b>Lunch</b>                    | Quinoa Stuffed Eggplant                   |
| <b>Soups and Salads</b>         | Green Avocado Salad                       |
| <b>Dinner</b>                   | Chicken Drumstick Rice                    |
| <b>Dessert</b>                  | Mediterranean Apple Crisp                 |
| <b>17<sup>th</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Avocado and Tomato Toast                  |
| <b>Lunch</b>                    | Falafel Tortilla Wrap                     |
| <b>Soups and Salads</b>         | Massaged Kale Salad                       |
| <b>Dinner</b>                   | Jackfruit Bbq Sandwich                    |
| <b>Dessert</b>                  | Raspberry Muffins                         |
| <b>18<sup>th</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Egg Casserole                             |
| <b>Lunch</b>                    | Bean Stuffed Bell Peppers                 |
| <b>Soups and Salads</b>         | Stuffed Avocado Salad                     |
| <b>Dinner</b>                   | Mushrooms RISOTTO                         |
| <b>Dessert</b>                  | Baked Walnut Apple Balls                  |
| <b>19<sup>th</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Coffee Cake                               |
| <b>Lunch</b>                    | Salmon Meatballs                          |
| <b>Soups and Salads</b>         | Quinoa And Corn Salad                     |
| <b>Dinner</b>                   | Mediterranean Burrito                     |
| <b>Dessert</b>                  | Kiwi Chia Pudding                         |
| <b>20<sup>th</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Hash With Sauteed Vegetables              |

|                                 |                                           |
|---------------------------------|-------------------------------------------|
| <b>Lunch</b>                    | Spice Grilled Salmon                      |
| <b>Soups and Salads</b>         | Roasted Squash Salad                      |
| <b>Dinner</b>                   | Mediterranean Fried Catfish               |
| <b>Dessert</b>                  | Oatmeal Walnut Cookies                    |
| <b>21<sup>st</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Pear And Cinnamon Porridge                |
| <b>Lunch</b>                    | Roast Chicken Thighs With Lemon           |
| <b>Soups and Salads</b>         | Chickpea Potato Soup                      |
| <b>Dinner</b>                   | Roasted Tomato Penne Pasta                |
| <b>Dessert</b>                  | Berry Parfaits                            |
| <b>22<sup>nd</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Chocolate Granola                         |
| <b>Lunch</b>                    | Chicken Goujons With Parmesan Crumb       |
| <b>Soups and Salads</b>         | Pumpkin Soup                              |
| <b>Dinner</b>                   | Sautéed Garlic Shrimps                    |
| <b>Dessert</b>                  | Mediterranean Zucchini Bread              |
| <b>23<sup>rd</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Overnight Oats                            |
| <b>Lunch</b>                    | One-Pot Roast Chicken                     |
| <b>Soups and Salads</b>         | Lemon Lentil Soup                         |
| <b>Dinner</b>                   | Herb Roasted Chicken Breast               |
| <b>Dessert</b>                  | Mediterranean Pumpkin Muffin              |
| <b>24<sup>th</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Blueberry Pancakes                        |
| <b>Lunch</b>                    | Simple Chicken Casserole                  |
| <b>Soups and Salads</b>         | Butternut Squash Soup                     |
| <b>Dinner</b>                   | Pan-Fried Fish With Lemon And Parsley     |
| <b>Dessert</b>                  | Raspberry Chia Pudding                    |
| <b>25<sup>th</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Banana And Pecan Muffin                   |
| <b>Lunch</b>                    | Easy Chicken Tagine                       |
| <b>Soups and Salads</b>         | Lemon Lentil Soup                         |
| <b>Dinner</b>                   | Crunchy Fish Bites                        |
| <b>Dessert</b>                  | Mediterranean Carrot Cake                 |
| <b>26<sup>th</sup> Day Plan</b> |                                           |
| <b>Breakfast</b>                | Scrambled Eggs With Mushrooms And Spinach |
| <b>Lunch</b>                    | Chinese-Style Drumsticks                  |
| <b>Soups and Salads</b>         | Green Avocado Salad                       |
| <b>Dinner</b>                   | Fish Patty                                |

|                                 |                                   |
|---------------------------------|-----------------------------------|
| <b>Dessert</b>                  | Oatmeal Walnut Cookies            |
| <b>27<sup>th</sup> Day Plan</b> |                                   |
| <b>Breakfast</b>                | Avocado and Tomato Toast          |
| <b>Lunch</b>                    | Chicken Tikka Masala              |
| <b>Soups and Salads</b>         | Massaged Kale Salad               |
| <b>Dinner</b>                   | Mediterranean Fish Bake           |
| <b>Dessert</b>                  | Mediterranean Apple Crisp         |
| <b>28<sup>th</sup> Day Plan</b> |                                   |
| <b>Breakfast</b>                | Egg Casserole                     |
| <b>Lunch</b>                    | Chicken, PEPPER, And Chorizo Bake |
| <b>Soups and Salads</b>         | Stuffed Avocado Salad             |
| <b>Dinner</b>                   | Thai Curry With Prawns            |
| <b>Dessert</b>                  | Raspberry Muffins                 |
| <b>29<sup>th</sup> Day Plan</b> |                                   |
| <b>Breakfast</b>                | Avocado and Tomato Toast          |
| <b>Lunch</b>                    | Chicken Tikka Masala              |
| <b>Soups and Salads</b>         | Quinoa And Corn Salad             |
| <b>Dinner</b>                   | Mediterranean Fish Bake           |
| <b>Dessert</b>                  | Mediterranean Apple Crisp         |
| <b>30<sup>th</sup> Day Plan</b> |                                   |
| <b>Breakfast</b>                | Egg Casserole                     |
| <b>Lunch</b>                    | Chicken, PEPPER, And Chorizo Bake |
| <b>Soups and Salads</b>         | Roasted Squash Salad              |
| <b>Dinner</b>                   | Thai Curry With Prawns            |
| <b>Dessert</b>                  | Raspberry Muffins                 |



## Closing Section

This cookbook is designed as a comprehensive guide to the Mediterranean diet, offering a balanced approach to reducing excess liver fat and achieving sustainable weight management. Beyond just recipes, it focuses on meaningful lifestyle changes, providing **80 unique recipes** and a **structured 30-day meal plan** to ensure variety and excitement on your journey. By following these principles, you will find it easier to maintain consistency, supporting your long-term health and significantly reducing the risk of fatty liver disease.